



Prenatal Multi

Provides specially balanced potencies for pregnant or lactating women.

Available in: 180 Capsules

OVERVIEW

Prenatal Multivitamin and mineral provides specially balanced potencies for pregnant or lactating women, including Buffered Vitamin C to avoid possible stomach discomfort.

DIRECTIONS

Take 2 capsules twice daily with meals or water.

CONTAINS NO

- artificial ingredients
- lactose
- milk
- preservatives
- sugar
- wheat
- yeast

WARNINGS

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

FREQUENTLY ASKED QUESTIONS

Why do you use Folic Acid instead of Folate in your prenatal supplements?

Folic acid is the synthetic form of folate used in supplements and in food fortification. It is converted in the body to various biologically active folates, including in pregnant women (1). Nearly all research demonstrating clinical benefits of folate has used the folic acid form.

Folate supplements have recently become available and include methylfolate and 5-methyltetrahydrofolate (5-MTHF). While these compounds have the theoretical advantage of being biologically active forms of folate, they are less stable than folic acid. Research on them is still in the emerging stage and there are currently insufficient data regarding their absorption, uptake into cells, and effectiveness in addressing folate-responsive conditions. Thus, with a few possible exceptions, folic acid remains the preferred form of folate for supplementation.(2)

PRODUCT LABEL

Serving Size: 2 Capsules	Amount/Serving	%DV
Vitamin A (as retinyl acetate and 91% as beta carotene)	8,250 IU	103%
Vitamin C (as calcium ascorbate)	100 mg	167%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl)	100 IU	333%
Thiamin (as thiamin HCl)	5 mg	294%
Riboflavin (Vitamin B2)	5 mg	250%
Niacin (as niacinamide)	15 mg	75%
Vitamin B6 (as pyridoxine HCl)	25 mg	1000%
Folic Acid	400 mcg	50%
Vitamin B12 (as cyanocobalamin)	25 mcg	313%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%
Calcium (as carbonate/citrate)	250 mg	19%
Iron (as iron gluconate)	9 mg	50%
Iodine (from kelp powder)	25 mcg	17%
Magnesium (as oxide/aspartate)	125 mg	28%
Zinc (as amino acid chelate)	10 mg	67%
Copper (as amino acid chelate)	1 mg	50%
Potassium (as chloride/gluconate)	45 mg	**
Manganese (as aspartate)	5 mg	**
Boron (as amino acid chelate)	750 mcg	**
Chromium (as polynicotinate)	100 mcg	**
Molybdenum	50 mcg	**
Selenium (as L-selenomethionine)	50 mcg	**
Vitamin K (as phytonadione)	30 mcg	**

OTHER INGREDIENTS

Gelatin (capsule), Cellulose, Magnesium stearate, Silica