

Supplemental Facts -Prenatal

Serving Size: 2 Tablets		
Servings Per Container: 30	Amount per Serving	% Daily Value
Vitamin A (80% as mixed carotenoids and 20% as vitamin A palmitate)	5,000 IU	100%
Vitamin C (as calcium ascorbate)	120 mg	200%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	60 IU	200%
Vitamin K (as phytonadione)	40 mcg	50%
Thiamin (vitamin B1) (as thiamin mononitrate)	3 mg	200%
Riboflavin (vitamin B2)	3.4 mg	200%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2500%
Folate (as folic acid)	1,000 mcg	250%
Vitamin B12 (as cyanocobalamin)	12 mcg	200%
Biotin	300 mcg	100%
Pantothenic acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate)	300 mg	30%
Iron (as Ferrochel® iron bis-glycinate)	22.5 mg	125%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	120 mg	30%
Zinc (as zinc citrate dihydrate)	15 mg	100%
Selenium (as selenium amino acid chelate)	60 mcg	86%
Copper (as copper amino acid chelate)	2 mg	100%
Manganese (as manganese amino acid chelate)	2 mg	100%
Chromium (as chromium polynicotinate)	120 mcg	100%
Prenatal Proprietary Blend: Microencapsulated Choline Bitartrate, Ginger Root Extract	743 mg	**
** % Daily Value not established.		
OTHER INGREDIENTS: Microcrystalline and Modified Cellulose, Croscarmellose Sodium, Polyethylene Glycol, Stearic Acid, Sodium Stearyl Fumarate, Acacia, Sodium Lauryl Sulfate, Calcium Silicate, Silicon Dioxide, Titanium Dioxide		