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Since 1947

PRENATAL NUTRIENTS

MULTIVITAMIN & MINERAL
FORMULA FOR PREGNANT
AND LACTATING WOMEN

DIETARY SUPPLEMENT

60 TABLETS

SUITABLE FOR VEGETARIANS
SUGAR AND STARCH FREE

CAREFULLY MANUFACTURED BY: **SOLGAR, INC.**
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

STOP PEELING HERE

Solgar® Prenatal Nutrients Tablets are free of yeast, wheat, dairy products and gluten and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

† Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation.

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Supplement Facts

Serving Size 4 Tablets
Servings Per Container 15

Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women
Calories.....	10	Biotin.....	300 mcg 100%	Sodium.....	20 mg **
Total Carbohydrate.....	2 g <1%	Pantothenic Acid.....	10 mg 100%	Potassium.....	50 mg **
Dietary Fiber.....	1 g 4%	(as D-Ca pantothenate)		(as potassium gluconate, potassium amino acid complex)	
Vitamin A.....	5,000 IU 63%	Calcium.....	1,300 mg 100%	Inositol.....	10 mg **
(as natural beta-carotene)		(as calcium carbonate, calcium citrate)		(as choline bitartrate)	
Vitamin C.....	100 mg 167%	Iron.....	27 mg 150%	Carotenoid Mix.....	57 mcg **
(as L-ascorbic acid)		(as iron bisglycinate†)		(alpha-carotene, lutein, zeaxanthin, cryptoxanthin)	
Vitamin D.....	400 IU 100%	Iodine.....	150 mcg 100%	Soy Protein Isolates/	
(as ergocalciferol)		(as potassium iodide)		Amino Acid Blend.....	160 mg **
Vitamin E.....	30 IU 100%	Magnesium.....	450 mg 100%	(L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Cysteine, L-Methionine)	
(as D-alpha-tocopheryl succinate)		(as magnesium oxide, magnesium citrate)			
Thiamin.....	1.7 mg 100%	Zinc.....	15 mg 100%		
(as thiamin mononitrate)		(as zinc oxide, zinc chelate)			
Riboflavin.....	2 mg 100%	Selenium.....	25 mcg **		
(as niacinamide)		(as L-selenomethionine)			
Niacin.....	20 mg 100%	Copper.....	2 mg 100%		
(as niacinamide)		(as copper gluconate, copper chelate)			
Vitamin B6.....	2.5 mg 100%	Manganese.....	2 mg **		
(as pyridoxine HCl)		(as manganese chelate, manganese gluconate)			
Folic Acid.....	800 mcg 100%	Chromium.....	25 mcg **		
Vitamin B12.....	8 mcg 100%	(as chromium picolinate (yeast-free))			
(as cobalamin)					

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Grapeskin (color), Titanium Dioxide, Silica, Vegetable Glycerin, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for pregnant and lactating women, take four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

DO NOT USE IF NECK SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

WARNING: 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.

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