


# Prenatal Nutrients Tablets

Multivitamin and Mineral Formula for Pregnant and Lactating Women

SUGAR AND STARCH FREE

Prenatal Needs*

## Supplement Facts

Serving Size 4 Tablets
Servings Per Container: 15

| | Amount Per 4 Tablets | % Daily Value |
|---|---|---|
| Calories | 10 | |
| Total Carbohydrate | 2 g | <1%* |
| Dietary Fiber | 1 g | 4%* |
| Vitamin A (as natural beta carotene) | 5000 IU | 63% |
| Vitamin C (as L-ascorbic acid) | 100 mg | 167% |
| Vitamin D (as ergocalciferol) | 400 IU | 100% |
| Vitamin E (as D-alpha tocopheryl succinate) | 30 IU | 100% |
| Thiamin (as thiamin mononitrate) | 1.7 mg | 100% |
| Riboflavin | 2 mg | 100% |
| Niacin (as niacinamide) | 20 mg | 100% |
| Vitamin B6 (as pyridoxine HCl) | 2.5 mg | 100% |
| Folic Acid | 800 mcg | 100% |
| Vitamin B12 (as cobalamin) | 8 mcg | 100% |
| Biotin | 300 mcg | 100% |
| Pantothenic Acid (as D-Ca pantothenate) | 10 mg | 100% |
| Calcium (as calcium citrate, calcium carbonate) | 1300 mg | 100% |
| Iron (as iron bisglycinate†) | 27 mg | 150% |
| Iodine (as potassium iodide) | 150 mcg | 100% |
| Magnesium (as magnesium citrate, magnesium oxide) | 450 mg | 100% |
| Copper (as copper chelate, copper gluconate) | 2 mg | 100% |
| Zinc (as zinc chelate, zinc oxide) | 15 mg | 100% |
| Selenium (as L-selenomethionine) | 25 mcg | ** |

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| Manganese (as manganese chelate, manganese gluconate) | 2 mg | ** |
| Chromium (as chromium picolinate [yeast-free]) | 25 mcg | ** |
| Potassium (from potassium amino acid complex, potassium gluconate) | 50 mg | ** |
| Inositol | 10 mg | ** |
| Choline (as choline bitartrate) | 4 mg | ** |
| Carotenoid Mix (alpha carotene, lutein, zeaxanthin, cryptoxanthin) | 57 mcg | ** |
| Soy Protein Isolate/Amino Acid Blend (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-Hisitidine, L-Cysteine, L-Methionine, L-Ornithine, Taurine) | 160 mg | ** |

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established for pregnant/lactating women.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Grapeskin, Titanium Dioxide, Silica, Vegetable Glycerin, Vegetable Magnesium Stearate, Carnauba Wax.

CAUTION: PHENYLKETONURICS (PKU): This product contains L-Phenylalanine.

†Unique form of chelated iron (iron bisglycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Albion process patent No. 4,599,152 Chelazomes.

Servings per container information in the Supplement Facts box is based on the 60 Tablets container.

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

Solgar's Prenatal Nutrients Tabelts are free of corn, yeast, wheat and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

**For more information call**: 1-877-SOLGAR 4

**UPC Code(s)**: 2271,2272,2273

**Available in Bottles of**: 60,120,240

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.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

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