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Nature's Way
Trust The Leaf™

Prenatal Complete

Description
A complete multivitamin formulated with the expectant mother, new mother, and the woman trying to get pregnant in mind.

Usage
This product has been specially formulated for pregnant or lactating women with nutritionally balanced potencies of B vitamins and buffered vitamin C mineral ascorbates to avoid possible stomach discomfort.*

Recommended Daily Dosage
Take two capsules twice daily with meals or water.



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The following list is for serving size of 2 capsules

Primary Ingredients	***Amount***	***USRDA***
Beta Carotene	7507 IU	91%
Biotin, biotin triurate	50 mcg	17%
Boron, amino acid chelate	750 mcg	0%
Calcium Carbonate	250 mg	25%
Calcium Pantethonate	25 mg	250%
Chromium Polynicotinate	100 mcg	83%
Copper, amino acid chelate	1 mg	50%
Folic Acid, folate	400 mcg	100%
Iron, gluconate	9 mg	50%
Kelp (whole thallus)	25 mcg	17%
Magnesium Oxide	125 mg	31%
Manganese Amino Acid Chelate	5 mg	250%
Molybdenum Triuturate	50 mcg	67%
Niacinamide	15 mg	75%

Potassium Chloride	45 mg	1%
Pyridoxine HCL	25 mg	1250%
Quercetin, eucalyptus	50 mg	0%
Riboflavin, vitamin B-2	5 mg	294%
Rutin	25 mg	0%
Selenium, l-selenomethione	50 mcg	71%
Thiamine, vitamin B-1	5 mg	333%
Vitamin A, retinol palmitate	743 IU	74%
Vitamin B-12, cyanacobalamin	25 mcg	417%
Vitamin D3 (cholecalciferol)	200 IU	50%
Vitamin E (d-alpha tocopheryl)	100 IU	333%
Vitamin K, phytonadione	30 mcg	38%
Zinc Amino Acid Chelate	10 mg	67%

Other Ingredients
Gelatin, Magnesium Stearate, Silica

Sizes & Suggested Retail Price
180 capsules - $21.99



Synergistic Products
Folic Acid
Ginger
Neuromins DHA
Red Raspberry
Tru-OPC's™, 75 mg.

Additional Information
The vitamins and minerals in this formula play many important roles in the body: antioxidants to protect fats, cells, and DNA, coenzyme precursors for energy production and metabolism, and cofactors for hormones and enzymes which regulate body processes

Usage Warnings
Women who are pregnant or likely to become pregnant should not exceed recommended dosage. Ingestion of more than 10,000 IU of Vitamin A from Retinol may cause birth defects.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.