

# PRENATAL PLUS

With DHA, Ginger and  
800 mcg of Folic Acid.

*Dietary Supplement*

<b>Supplement Facts</b>		Serving Size: 4 Tablets
Amount Per Serving		% Daily Value
Vitamin A (as acetate, beta carotene)	10,000 iu	200%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as cholecalciferol)	400 iu	100%
Vitamin E (as d-alpha succinate)	75 iu	250%
Vitamin K (as phytonadione)	100 mcg	125%
Vitamin B-1 (as thiamine hydrochloride)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg	1250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Vitamin B-5 (as calcium pantothenate)	40 mg	400%
Calcium (as carbonate, citrate, amino acid chelate)	800 mg	80%
Iron (as amino acid chelate)	18 mg	100%
Iodine (from kelp)	150 mcg	150%
Magnesium (as oxide, citrate, amino acid chelate)	450 mg	113%
Zinc (as monomethionine)**	15 mg	100%
Selenium (as amino acid chelate)	100 mcg	143%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	5 mg	250%
Chromium (as polynicotinate)***	200 mcg	167%
Molybdenum (as amino acid chelate)	25 mcg	33%
Potassium (as amino acid chelate)	25 mg	0.7%
Inositol	10 mg	*
Choline (as bitartrate)	10 mg	*
PABA (para amino benzoic acid)	10 mg	*
DHA**** Powder	50 mg	*
Ginger Root	75 mg	*
Chamomile Flower Extract	50 mg	*
Raspberry Leaves	25 mg	*

\* Daily Value Not Established

**Other Ingredients:** May contain one or more of the following; dicalcium phosphate, cellulose, magnesium stearate, vegetable stearin and silica.

\*\* From L-OptiZinc™, a patented 1:1 complex of zinc and methionine.

L-OptiZinc™ is absorbed better and retained longer than other zinc supplements tested.

\*\*\* From ChromeMate®, a patented form of niacin bound chromium.

\*\*\*\*From Neuromins™, a highly purified source of DHA from microalgae. Neuromins™ is a trademark of Martek.

L-OptiZinc™ (U.S. Patents 4,764,633 and 5,278,329) and ChromeMate® are trademarks of InterHealth Co.

**Contains No Added** sugar, salt, dairy, yeast, wheat, soy, corn, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take four (4) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

**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.

**QUALITY AND POTENCY GUARANTEED.**