

100%
SATISFACTION
GUARANTEE
QUALITY

NATURE'S TRUTH®

VITAMINS

PRENATAL VITAMIN & MINERAL FORMULA

For Women Before,
During & After Pregnancy

GLUTEN FREE
NON GMO

60 QUICK RELEASE
CAPSULES
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Quick Release Capsule Servings Per Container: 60

Amount Per Serving		% Daily Value For Pregnant and Lactating Women
Vitamin A (as Retinyl Palmitate)	2,000 IU	25%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D3 (as Cholecalciferol)	600 IU	150%
Vitamin E (as d-Alpha Tocopheryl Succinate)	5 IU	17%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	2 mg	118%
Riboflavin (Vitamin B-2)	3 mg	150%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg	120%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	10 mcg	125%
Biotin (as d-Biotin)	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Sulfate)	27 mg	150%
Zinc (as Zinc Oxide)	15 mg	100%
Manganese (as Manganese Sulfate)	2 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Gelatin Capsule, Vegetable Magnesium Stearate, Rice Powder, Silica.
Contains fish (cod, cusk, flounder, haddock, hake, pollack, redfish, sole) ingredients.

Nature's Truth® Prenatal Vitamin & Mineral Formula is a high potency blend with some of the most important nutrients that women need during pregnancy and lactation.[†] Calcium is included to promote strong bones, Vitamin D to help with the absorption of Calcium, and Folic Acid to support healthy fetal development.[†] Healthful diets with adequate folate may reduce a women's risk of having a child with a brain or spinal cord birth defect.

DIRECTIONS: For adult women, take one (1) quick release capsule daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Store in a cool, dry place.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

†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.

Carefully Manufactured by
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