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Other ingredients: Cellulose, vegetable stearate and silica.

Manufactured for:
Douglas Laboratories
 600 Boyce Road
 Pittsburgh, PA 15205 USA
www.douglaslabs.com
 1800.245.4440

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 2 capsules daily or as directed by your healthcare professional.

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.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



FloraGLO is a registered trademark of Kemin Industries, Inc., USA.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if inner seal is missing.

Formula #201811

Prenatal

A Dietary Supplement



60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	5,000 IU 100%
Vitamin C (as ascorbic acid)	80 mg 133%
Vitamin D3 (as cholecalciferol)	800 IU 200%
Vitamin E (as d-alpha tocopheryl succinate).....	50 IU 167%
Thiamine (as thiamine mononitrate)	1.5 mg 100%
Riboflavin.....	1.7 mg 100%
Niacinamide.....	20 mg 100%
Vitamin B6 (as pyridoxine HCl).....	2 mg 100%
Folate (as L-methylfolate, Metafolin®).....	800 mcg 200%
Vitamin B12 (as methylcobalamin)	10 mcg 167%
Biotin	300 mcg 100%
Pantothenic Acid (calcium pantothenate)	10 mg 100%
Calcium (as citrate).....	150 mg 15%
Iron (as Ferronyl®).....	27 mg 150%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from citrate).....	75 mg 19%
Zinc (from citrate)	10 mg 67%
Selenium (from selenomethionine).....	75 mcg 107%
Copper (from copper glycinate chelate).....	1 mg 50%
Manganese (from citrate)	1 mg 50%
Chromium (from GTF)	150 mcg 125%
Molybdenum (from chelate).....	75 mcg 100%
Lutein (from marigold flower).....	3 mg *

*Daily Value not established.