SUGGESTED USE Consume two capsules daily – preferably with food. You can increase your intake as required or as guided by your physician. **Prenatal Essentials** is designed for those who seek a prenatal multi-vitamin-mineral in an easy-to-swallow capsule that is gentle to the stomach and that is also free of all colors and additives. **For questions about the use of this product call 800.800.1200.**

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.

Since 1979, Unsurpassed Purity, Quality and Efficacy.

100% Solar Production
Zero Carbon Footprint

QUESTIONS? REORDERS?
800.800.1200 PROCAPS.COM

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PROCAPS®

100% SOLAR

PRENATAL ESSENTIALS™

Complete Prenatal Multi-Vitamin-Mineral

No Colors · No Additives · No Stomach Upset

Dietary Supplement **360 EASY-TO-SWALLOW CAPSULES**

PRENATAL ESSENTIALS is a uniquely pure, ultra-mild and comprehensive multi-vitamin-mineral formula specifically designed for use before, during and after pregnancy. It is an extremely important formula, since there is no time when vitamins and minerals are more vital to human health than before, during and after pregnancy; not merely for the health of the mother, but for the baby who depends on the mother for their entire nutrient intake. It is a medical fact that the vitamins and minerals a mother consumes (or fails to consume) will have a direct impact on the current and future health, growth and development of her baby. More than just a basic multivitamin, **Prenatal Essentials** delivers higher levels of the key nutrients required for the healthy development of your baby. Moreover, unlike typical prenatal vitamins, **Prenatal Essentials** is uniquely additive-free and does not expose you or your baby to unwanted colors, preservatives or chemical additives. We also recognize that among the many changes experienced during pregnancy, perhaps one of the most challenging is a sensitive stomach and digestive system. As a result, **Prenatal Essentials** comes in small, easy-to-swallow capsules that are gentle even to the most sensitive stomach. In short, there is no prenatal vitamin that better considers the needs of both mother and baby than our **Prenatal Essentials**.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts

Serving Size 2 Capsules **Servings Per Container 180**

Amount Per Serving		% DV*
Vitamin A (as natural beta carotene)	2,400 mcg RAE (8,000 IU)	185%
Vitamin C (as calcium ascorbate/palmitate)	150 mg	125%
Vitamin D_3 (as cholecalciferol)	50 mcg (2,000 IU)	333%
Vitamin E (as natural d-alpha tocopheryl succinate)	62 mg (92 IU)	326%
Vitamin B1 (as thiamin hydrochloride)	10 mg	714%
Vitamin B2 (as riboflavin)	10 mg	625%
Niacin (as niacinamide/chromium nicotinate)	20 mg	111%
Pantothenic Acid (as calcium pantothenate)	10 mg	143%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	500%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	40 mcg	1,429%
Folate (as L-5-methyltetrahydrofolate)	1,067 mcg DFE	178%
Biotin	500 mcg	1,429%
Calcium (as calcium carbonate/ascorbate)	400 mg	31%
Iron (as iron bisglycinate)	18 mg	67%
Iodine (as potassium iodide)	150 mcg	52%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc citrate)	15 mg	115%
Selenium (as sodium selenite)	70 mcg	100%
Copper (as copper citrate)	2 mg	154%
Manganese (as manganese citrate)	2 mg	77%
Chromium (as chromium nicotinate)	120 mcg	267%
Molybdenum (as molybdenum glycinate)	75 mcg	150%
Lutein	1 mg (1,000 mcg)	†
Lycopene	1 mg (1,000 mcg)	†
Zeaxanthin	200 mcg	†

* Percent Daily Value (% DV) for Pregnant and Lactating Women.
† Daily Value not established.

Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective Methyl B12 Matrix.