

** 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 sugar, salt, yeast, wheat, gluten or artificial colors.

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

WARNING: Consult your physician prior to using this product if you are pregnant or nursing, taking medications or have a medical condition. Discontinue use two weeks prior to surgery.

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.

KEEP OUT OF REACH OF CHILDREN.

Prenatal Plus

**WITH DHA, GINGER AND
800 MCG OF FOLIC ACID**

Dietary Supplement
120 Tablets

SUPPLEMENT FACTS

Serving Size 4 Tablets
Serving Per Container 30

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

* Daily Value not established

Other Ingredients: Cellulose, vegetable stearin, cellulose gum, vanilla flavor, silica, magnesium stearate and food glaze.