

List No. 1435
PK000377
BU001091
5A009

OVER 50 YEARS OF EXPERTISE

Nature Made

Prenatal

Folic Acid



Multivitamin with
18 key nutrients
—
1 Per Day

250 TABLETS

VALUE SIZE

Supports the
development
of baby's brain, eyes
& nervous system†

Dietary Supplement

†This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value for Pregnant Women and Lactating Women	
Vitamin A (as Beta Carotene)	770 mcg	59%
Vitamin C (as Ascorbic Acid)	85 mg	71%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1000 IU)	167%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 mg	79%
Vitamin K (as Phytonadione)	90 mcg	100%
Thiamin (as Thiamine Mononitrate)	1.4 mg	100%
Riboflavin	1.4 mg	88%
Niacin (as Niacinamide)	18 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	1.9 mg	95%
Folate	1330 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B ₁₂ (as Cyanocobalamin)	5.2 mcg	186%
Biotin	30 mcg	86%
Pantothenic Acid (as d-Calcium Pantothenate)	6 mg	86%
Calcium (as Calcium Carbonate)	250 mg	19%
Iron (as Ferrous Fumarate)	27 mg	100%
Iodine (as Potassium Iodide)	150 mcg	52%
Magnesium (as Magnesium Oxide)	45 mg	11%
Zinc (as Zinc Oxide)	11 mg	85%

SUGGESTED USE: Adults, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

✓ No Artificial Flavors
✓ Gluten Free

Do not use if seal under cap is broken or missing.

CAUTION: If you are taking medication or have blood clotting issues, consult your physician before use.

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.

OTHER INGREDIENTS:

Cellulose Gel, Modified Food Starch, Maltodextrin, Dibasic Calcium Phosphate, Croscarmellose Sodium, Hypromellose, Silicon Dioxide, Magnesium Stearate, Gelatin, Polyethylene Glycol.

DISTRIBUTED BY:

Nature Made Nutritional Products
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1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements.
www.uspverified.org

Lot:
Exp: