

List No. 3292
PK000578
BU001091
5A044

OVER 50 YEARS OF EXPERTISE

Nature Made

Prenatal

Folic Acid



Multivitamin with
18 key nutrients
—
1 Per Day

50 TABLETS

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.

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:

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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

✓ No Artificial Flavors
✓ Gluten Free

Lot:
Exp.: