

DIRECTIONS: Take two capsules daily, preferably with a meal.

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 health care professional or poison control center immediately.

Twinlab Pre-Natal Care contains no added sodium, artificial colors, sweeteners or preservatives.

¹Ferrochel® Iron Bisglycinate is a registered trademark of Albion Laboratories, Inc. Ferrochel® is a unique form of chelated iron formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation.

Best if used by date shown on bottle.

MANUFACTURED BY TWINLAB CORPORATION
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TWINLAB®

PRE-NATAL CARE

Multi
Vitamin
Caps

*Delivers 22
nutrients for
optimal health*

dietary supplement
2 months supply
120 Capsules

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving		% DV
Vitamin A (4800 IU as retinyl palmitate and 3200 IU as beta-carotene)	8000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acid succinate)	60 IU	200%
Thiamin (as thiamine mononitrate)	3 mg	177%
Riboflavin	3.4 mg	170%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	4 mg	160%
Folic Acid	800 mcg	100%
Vitamin B12 (as cyanocobalamin)	12 mcg	150%
Biotin	600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate and calcium citrate)	400 mg	31%
Iron (as Ferrochel® iron bisglycinate) ¹	20 mg	111%
Iodine (as potassium iodide)	300 mcg	200%
Magnesium (as magnesium oxide and magnesium aspartate)	200 mg	44%
Zinc (as zinc citrate)	15 mg	100%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese gluconate)	2 mg	100%
Choline (as choline bitartrate)	10 mg	†
Inositol	10 mg	†
PABA	1 mg	†

† Daily Value (DV) not established.

OTHER INGREDIENTS: Cellulose, microcrystalline cellulose, Contains 2% or less of: Croscarmellose sodium, medium chain triglycerides, soy lecithin, poly sorbate 80, calcium stearate, potassium chloride, silica, potassium citrate. **Contains soy.**