

No Artificial Flavors, Sodium Free,  
No Dairy.

**KEEP OUT OF REACH OF  
CHILDREN.**

Store in a cool, dry place.

For More Information:

1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

\* These statements have not been  
evaluated by the Food and Drug  
Administration. This product is not  
intended to diagnose, treat, cure,  
or prevent any disease.

**GNC**

# WOMEN'S Prenatal Formula without Iron

Dietary Supplement

## NUTRITIONAL INSURANCE FOR MOM & BABY\*

- 1000 mcg of folic acid for fetal development\*
- Calcium to support bone health\*
- Antioxidants to protect against free radicals\*

**60 CAPLETS  
30-DAY SUPPLY**

CODE 214212

ITG

**DIRECTIONS:** As a dietary supplement, take two caplets daily with food.

## Supplement Facts

Serving Size Two Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value†	
Vitamin A (as beta-Carotene)	1350 mcg	104%
Vitamin C (as Ascorbic Acid)	120 mg	100%
Vitamin D (as Cholecalciferol D-3)	10 mcg (400 IU)	67%
Vitamin E (as d-alpha Tocopheryl Succinate)	24.79 mg	130%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.4 mg	100%
Riboflavin (Vitamin B-2)	1.6 mg	100%
Niacin (as Niacinamide)	18 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folate	1667 mcg DFE (1000 mcg Folic Acid)	278%

Amount Per Serving	% Daily Value†	
Vitamin B-12 (as Cyanocobalamin)	8 mcg	286%
Biotin	35 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	7 mg	100%
Choline (as Choline Bitartrate)	0.55 mg	0%
Calcium (as Calcium Carbonate)	600 mg	46%
Iodine (as Potassium Iodide)	290 mcg	100%
Magnesium (as Magnesium Oxide)	200 mg	50%
Zinc (as Zinc Oxide)	15 mg	115%
Selenium (as Selenium Yeast)	70 mcg	100%
Copper (as Copper Gluconate)	1.3 mg	100%
Manganese (as Manganese Sulfate)	2.6 mg	100%
Molybdenum (as Sodium Molybdate)	50 mcg	100%
Boron (as Boron Citrate)	150 mcg	*

† Daily Value for pregnant or lactating women.

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose, Corn Starch, Stearic Acid Vegetable Source, Croscarmellose Sodium, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Calcium Silicate, Silicon Dioxide, Talc, Vegetable Acetoglycerides, Polysorbate 80.  
**CONTAINS: Wheat and Soybeans.**

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test. Folate intake should not exceed 278% of the DV, 1667 mcg DFE (1000 mcg). Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Lot No./Best By: