

## Prenatal

### Multivitamin/Mineral Formula

Maternal health and wellness<sup>‡</sup>

## DESCRIPTION

Prenatal multivitamin/mineral formula by Douglas Laboratories provides essential vitamins, minerals and nutrients based on scientific recommendations for nutrient requirements for women of childbearing age, pregnant women and lactating women.<sup>‡</sup>

## INDICATIONS

- Support for maternal health<sup>‡</sup>
- Support for fetal development<sup>‡</sup>

## FUNCTIONS AND MECHANISM OF ACTION

Prenatal is a multivitamin and mineral formula that supports hormone, neurotransmitter, DNA, protein and energy production. Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate is included to support optimal neural and cellular development. B vitamins are included to support enzymes essential for cellular function and DNA synthesis. This formula contains 1,000 IU of vitamin D based on RDA requirements for pregnancy. It also provides vitamin K to support carboxylation of proteins for blood clotting and bone health, as well as 100 mg of choline to support fetal central nervous system development, 27 mg of iron and 150 mcg of iodine to meet enhanced requirements during pregnancy.<sup>‡</sup>

## FORMULA (#202776)

Serving Size 2 Vegetarian capsules:

Vitamin A (as beta-carotene) .....	2,400 mcg
Vitamin C (as ascorbic acid) .....	70 mg
Vitamin D <sub>3</sub> (as cholecalciferol) .....	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopheryl succinate).....	12 mg
Vitamin K <sub>1</sub> .....	90 mcg
Thiamine (as thiamine HCl) .....	1.6 mg
Riboflavin (as vitamin B <sub>2</sub> ) .....	1.7 mg
Niacin (as niacinamide) .....	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl) .....	2.2 mg
Folate (as Metafolin®, L-5-MTHF) .....	1,667 mcg DFE (1,000 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin) .....	2.6 mcg
Biotin .....	300 mcg
Pantothenic Acid (as calcium pantothenate).....	6 mg
Choline (as choline bitartrate) .....	100 mg
Calcium (as DimaCal® di-calcium malate) .....	200 mg
Iron (as iron glycinate) .....	27 mg
Iodine (as potassium iodide) .....	150 mcg
Magnesium (as magnesium citrate) .....	80 mg
Zinc (as zinc citrate) .....	15 mg
Selenium (as selenomethionine).....	70 mcg
Copper (as copper glycinate) .....	1 mg
Manganese (as manganese citrate).....	.2 mg
Chromium (as chromium polynicotinate).....	120 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate) .....	75 mcg
Proprietary mixed carotenoid blend .....	450 mcg (Lutein, lycopene, zeaxanthin)

Other Ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

Gluten-free, Non-GMO

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany  
DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904  
ChromeMate® brand niacin-bound chromium. ChromeMate® is a trademark of Lonza or its affiliates.

## SUGGESTED USE

As a dietary supplement, adults take 2 daily with a meal or as directed by your health professional.

**WARNING:** Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional 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.

## STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

## REFERENCES

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**For more information on Prenatal, visit [douglaslabs.com](https://douglaslabs.com)**

‡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.

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