

PRODUCT DATA SHEET

Basic Prenatal



Pure Ingredients, Trusted Results



Basic Prenatal

A complete dietary supplement for pregnant and lactating women*

- Well-absorbed, highly bioavailable nutrients reduce risk of stomach upset.*
- Includes iron and bioactive form of folate to help maintain healthy iron and folate levels*
- Contains well-absorbed iron picolinate, which is easy on the stomach and non-constipating*
- Provides the active forms of folic acid – L-5-methyltetrahydrofolate and folinic acid in a balanced 1:1 ratio

BASIC PRENATAL

S u p p l e m e n t F a c t s		
Serving Size: Three Capsules		
Servings Per Container: 30		
Three Capsules Contain:		% DV
Vitamin A (3,000 IU from Mixed Carotenes and 2,000 IU as Palmitate)		
5,000 IU	100%	
Vitamin C (as Ascorbic Acid)		
150 mg	250%	
Vitamin D (as Vitamin D3)		
1,000 IU	250%	
Vitamin E (as d-Alpha Tocopheryl)		
50 IU	167%	
Vitamin K (as Vitamin K1)		
100 mcg	*	
Thiamin (as Thiamin HCl)		
4 mg	264%	
Riboflavin		
(as Riboflavin 5-Phosphate Sodium)		
3.6 mg	212%	
Niacin (as Niacinamide)		
30 mg	150%	
Vitamin B6 (as Pyridoxal 5'-Phosphate)		
10 mg	500%	
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)		
1 mg	250%	
Vitamin B12 (100 mcg as Adenosylcobalamin) and 100 mcg as Methylcobalamin)		
200 mcg	3,334%	
Biotin		
50 mcg	17%	
Pantothenic Acid (as Calcium Pantothenate)		
16 mg	160%	
Calcium (as Calcium Citrate-Malate)		
200 mg	20%	
Iron (as Iron Picolinate)		
45 mg	250%	
Iodine (as Potassium Iodide)		
150 mcg	100%	
Magnesium (as Magnesium Citrate-Malate)		
100 mg	25%	
Zinc (as Zinc Picolinate)		
25 mg	167%	
Selenium (as Selenium Picolinate)		
50 mcg	*	
Copper (as Copper Picolinate)		
2 mg	100%	
Manganese (as Manganese Picolinate)		
5 mg	*	
Chromium (as Chromium Picolinate)		
100 mcg	*	
Molybdenum (as Molybdenum Picolinate)		
50 mcg	*	
Boron (as Boron Picolinate)		
1 mg	**	

*Daily Value (DV) not established for pregnant or lactating women.

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Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

90 Vegetarian Capsules

Code: VMP

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Iodine may occasionally cause an allergic reaction in some individuals.

Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

Interactions

As vitamin K interferes with the effect of anticoagulant drugs (like Coumadin), the concurrent use of these agents should be avoided.

Folinic acid and 5-methyltetrahydrofolate supplementation is not recommended concurrent with methotrexate cancer therapy, as they can interfere with methotrexate's anti-neoplastic activity; however, these folate sources have not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

Additional Warnings

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

*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.