

Since 1972

Stock No. 3242

Manufactured by Nature's Sunshine Products Inc.,
Utah, 84660, USA Product of U.S.A.

Supplied by NSPUK, Hortonwood 32, Telford, TF1 7YL, UK
Contains essential nutrients needed during pregnancy and
lactation including 800mcg of folic acid.

Ingredients: Magnesium oxide, ferrous fumarate, vitamin
C, zinc gluconate, vitamin E, niacinamide, beta-carotene,
folic acid, ginger rhizome (*Zingiber officinale*), copper
gluconate, pantothenic acid, vitamin D₃, vitamin B₆, biotin,
riboflavin, thiamin, potassium iodide, vitamin B₁₂. Excipients:
Anti-caking agent; di-calcium phosphate, bulking agent;
cellulose, anti-caking agents; stearic acid, magnesium stearate.

Recommendation: Take one tablet daily with a meal.

Warning: This product contains iron, which, if taken in
excess, may be harmful to very young children.

Do not exceed the stated recommended daily dosage.

*Always consult your Doctor or Pharmacist before taking
food supplements, when you are on prescribed medication.*

Do not use if inner seal is missing or damaged.

Suitable for Vegetarians.



NATURE'S PRENATAL

Multivitamin and mineral supplement for use during pregnancy and lactation.

120 TABLETS

Food Supplement – tablet weight 1136 mg – 120 day supply

Best before end (shown at right of label).

Store in a cool, dry place out of the reach and sight of children.

One tablet contains:

	%EC RDA*
Vitamin A (beta-carotene)	3 mg.... 375%
Vitamin D ₃ (cholecalciferol)	10 mcg.. 200%
Vitamin E (d-alpha tocopherol from soy) ..	20 mg.... 167%
Vitamin C (ascorbic acid)	70 mg..... 88%
Thiamin (B ₁ -thiamine mononitrate)	3 mg.... 273%
Riboflavin (B ₂)	3 mg.... 214%
Niacin (niacinamide).....	17 mg.... 106%
Vitamin B ₆ (pyridoxine hydrochloride).....	3 mg.... 214%
Folacin (folic acid).....	800 mcg.. 400%
Vitamin B ₁₂ (cyanocobalamin)	5 mcg.. 200%
Biotin	30 mcg.... 60%
Pantothenic acid (d-calcium pantothenate) ..	5 mg..... 83%
Magnesium (oxide).....	75 mg..... 20%
Iron (ferrous fumarate).....	27 mg.... 193%
Zinc (gluconate).....	7 mg..... 70%
Copper (gluconate).....	1 mg.... 100%
Iodine (potassium iodide)	75 mcg.... 50%

*RDA=Recommended Daily Allowance

Allergy Advice: For allergens see ingredients in bold.

*Food Supplements should not be used as a substitute for a
balanced diet.*

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LOT:
BBE: