

Pre-Natal Packs™ (31 Daily Packets)

Each packet of ten (10) supplements supplies:	
Calories	20
Calories from Fat	20
Total Fat	2 gm
Saturated Fat	0 gm
Cholesterol	2 mg
Vitamin A (as natural mixed carotenoids and palmitate)	5,000 IU
Vitamin C (as magnesium ascorbate).	200 mg
Vitamin D (as cholecalciferol).	200 IU
Vitamin E (as d-alpha tocopherol)	400 IU
Vitamin K (as phytonadione)	10 mcg
Thiamin (B1) (as cocarboxylase)	1.5 mg
Riboflavin (B2) (as riboflavin-5-phosphate)	1.7 mg
Niacin (as niacinamide)	100 mg
Vitamin B6 (as pyridoxal-5-phosphate)	4 mg
Folic Acid.	800 mcg
Vitamin B12 (as cobalamin).	17 mcg
Biotin.	300 mcg
Pantothenic Acid (as calcium pantothenate).	10 mg
Calcium (as calcium citrate)	400 mg
Iron (as ferrous gluconate).	25 mg
Iodine (from kelp)	100 mcg
Magnesium (as citrate, glycinate and ascorbate)	200 mg
Zinc (as gluconate)	23 mg
Selenium (from vegetable culture)	50 mcg
Copper (as copper gluconate)	4 mg
Manganese (as manganese gluconate)	2 mg
Chromium (from vegetable culture)	50 mcg
Potassium (as potassium chloride).	99 mg
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Boron (calcium borogluconate)	1 mg
Rubidium (from vegetable culture)	20 mcg
Vanadium (from vegetable culture)	10 mcg
Omega-3 Fatty Acids	600 mg
(from 2 gm fish oil providing not less than 360 mg EPA and 240 mg DHA)	
N-Acetyl-L-Cysteine.	50 mg
L-Methionine	100 mg
Taurine	150 mg
Superoxide Dismutase (from vegetable culture)	20 mcg
Catalase (from vegetable culture)	20 mcg
RECOMMENDATION: One (1) packet each day as a dietary supplement or as otherwise directed by a healthcare professional.	
Contains: 31 Packets	
Product #: 6260	
NDC: 55146-06260	

Pre-Natal Packs - packs of multiple nutrients (vitamins, minerals, essential fatty acids) known to support female health during pregnancy.