

# Prenatal Plus

Optimal formulation of vitamins, minerals and support nutrients



Recommended by  
Angie Svoboda, Pharm D.

## DESCRIPTION

Prenatal Plus provides optimal amounts of all essential vitamins and minerals, along with added support ingredients, such as the omega-3 fat DHA and herbs like ginger and chamomile.

## FUNCTIONS

Studies show that a high percentage of adults and children in North America and other developed countries consume less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed, not only for maintaining good health, but also for the dietary management and prevention of chronic diseases. It is generally accepted that pregnant and breastfeeding women should supplement a healthy diet with a variety of essential vitamins and minerals to ensure adequate intake for both mother and child.

## INDICATIONS

Prenatal Plus may be a useful dietary adjunct for women looking to supplement a healthy diet during pregnancy.

## SUGGESTED USE

Adults take 4 tablets daily at mealtime or as directed by a healthcare professional.

## SIDE EFFECTS

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Warning: Consult your physician prior to using this product if you are pregnant or nursing, taking medications or have a medical condition. Discontinue use two weeks prior to surgery.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## FORMULA (WW #10297)

### 4 Tablets Contain:

Vitamin A	
(as acetate, beta carotene) ..	3,000 mcg RAE 10,000 IU
Vitamin C (as ascorbic acid) .....	150 mg
Vitamin D (as cholecalciferol) .....	10 mcg 400 IU
Vitamin E (as d-alpha succinate) .....	62 mg
Vitamin K (as phytonadione) .....	100 mcg
Vitamin B-1 (as thiamine hydrochloride) .....	25 mg
Riboflavin .....	25 mg
Niacin (as niacinamide) .....	25 mg
Vitamin B-6 (as pyridoxine HCl) .....	25 mg
Folate .....	1,000 mcg DFE (580 mcg folic acid)
Vitamin B-12 (as cyanocobalamin) .....	100 mcg
Biotin .....	300 mcg
Vitamin B-5 (as d-calcium pantothenate) .....	40 mg
Choline (from bitartrate) .....	10 mg
Calcium	
(from carbonate, citrate, amino acid chelate) ..	800 mg
Iron (from amino acid chelate) .....	18 mg
Iodine (from kelp) .....	150 mcg
Magnesium	
(from oxide, citrate, amino acid chelate) .....	350 mg
Zinc (from monomethionine) .....	15 mg
Selenium (from amino acid chelate) .....	100 mcg
Copper (from amino acid chelate) .....	2 mg
Manganese (from amino acid chelate) .....	5 mg
Chromium (from polynicotinate) .....	200 mcg
Molybdenum (from amino acid chelate) .....	25 mcg
Potassium (from amino acid chelate) .....	25 mg
DHA Powder	
(standardized to 18% [50 mg] DHA) .....	294 mg
Ginger ( <i>Zingiber officinale</i> ) root powder .....	75 mg
Chamomile	
( <i>Matricaria chamomilla</i> ) flower extract .....	50 mg
Raspberry ( <i>Rubus ideaus</i> ) leaves powder .....	25 mg
Inositol .....	10 mg
PABA (para-amino benzoic acid) .....	10 mg
Other Ingredients: Cellulose, vegetable stearin, food glaze with vanilla coating, natural flavor, magnesium stearate, silica	
This product contains NO sugar, salt, wheat, gluten or artificial colors.	

Manufactured For:

**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295

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.