

- A Multiple Vitamin/Mineral Supplement for Pregnant and Nursing Mothers with Enzymes, Amino Acids and Herbs.
- One of the highest quality prenatal multiples available. **PRENATAL ULTRA** gives emphasis to balance, form and potency of each nutrient especially required during the prenatal period.
- **PRENATAL ULTRA** provides 53 nutrients including vitamins, minerals, amino acids, and digestive enzymes as well as a blend of 8 natural herbs, which help in the birth process.*
- **PRENATAL ULTRA** supplies 13 valuable minerals that are especially important during the prenatal period. Levels of these minerals in the **PRENATAL ULTRA** formula are the highest available in nutritional supplements of this type.*
- Calcium and Magnesium support bone and teeth formation.*
- Iron is an important blood building nutrient for the baby as well as for the mother. A deficiency of iron means that new blood cells will be unable to transport sufficient levels of oxygen to the fetus. **PRENATAL ULTRA** contains one of the highest levels of iron in prenatal formulas in its glycinate and fumarate forms. These forms have a three times higher utilization rate in the body compared to other forms which have only a 10% assimilation rate.*
- Vitamin C, Beta Carotene and Vitamin E are antioxidants which are especially required during pregnancy due to an almost 30% increase in oxygen utilization by the mother.* Vitamin A in **PRENATAL ULTRA** is 100% Beta Carotene, not preformed Vitamin A.
- Water soluble vitamins (B and C) are important during pregnancy because they are not stored, but are vital for healthy fetal development.*
- Vitamin C in the **PRENATAL ULTRA** formula is provided both as ascorbic acid and calcium ascorbate for maximum assimilation.*
- All 11 recognized members of the B complex are included for proper nerve and brain functioning.* The need for folic acid is especially increased during pregnancy and is involved in improved lactation. Reports indicate that one-third to one-half of pregnant women in the last 3 months of pregnancy are deficient in folic acid.*
- Choline and inositol support detoxification processes, which are greatly increased during pregnancy.* Octacosanol supports endurance, stamina and strength.*
- **PRENATAL ULTRA** contains Enzopharm® Plus a proprietary blend of vegetarian enzymes that aid the body in absorbing and utilizing nutrients that are not easily digestible.*

Supplement Facts

Serving Size: 5 Tablets

Amount Per Serving

Vitamin A (as 100% Beta Carotene)	7500 IU
Vitamin C (as Ca Ascorbate & Ascorbic Acid)	1000 mg
Vitamin D3 (as Cholecalciferol)	400 IU
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU
Vitamin K1 (as Phytonadione)	5 mcg
Thiamin	20 mg
Riboflavin	20 mg
Niacin (as Niacinamide & Niacin)	40 mg
Vitamin B6 (as Pyridoxine HCl and P-5-P)	50 mg
Folic Acid	900 mcg
Vitamin B12 (as Methylcobalamin)	20 mcg
Biotin	600 mcg
Pantothenic Acid (as Calcium Pantothenate)	30 mg
Calcium (as Ca Carbonate & Ca Citrate)	1000 mg

Iron (Fe aspartate, Fe glycinate & Fe fumarate)	30 mg
Iodine (from Kelp)	225 mcg
Magnesium (as Mg Oxide)	500 mg
Zinc (as Zn Gluconate)	20 mg
Selenium (as Se AAC)	25 mcg
Copper (as Cu AAC)	0.2 mg
Manganese (as Mn Gluconate)	6 mg
Chromium (as Cr polynicotinate)†	25 mcg
Molybdenum (as Mo AAC)	25 mcg
Potassium (as K Citrate)	50 mg
Boron (as B AAC)	1 mg
Silicon (from Horsetail Rush)	6 mg
Choline (as Choline Citrate)	20 mg
Betaine HCl	20 mg
Inositol	20 mg
PABA (Para-aminobenzoic Acid)	15 mg
L-Cysteine	20 mg
L-Glutamine	20 mg
DL-Methionine	20 mg
L-Aspartic Acid	20 mg
Octacosanol	250 mcg
Soy Lecithin	150 mg
Linoleic Acid	50 mg
RNA (Ribonucleic Acid)	5 mg
Mixed Citrus Bioflavonoids	300 mg
Hesperidin	10 mg
Rutin	5 mg
Pectin	5 mg
Red Raspberry Leaf	5 mg
Nettle (Urtica dioica) Leaf	5 mg
Clove Flower	5 mg
Alfalfa Herb Powder	5 mg
Peppermint Leaf	5 mg
Parsley Leaf	5 mg
Rose Hips	5 mg
Chamomile Flower	5 mg
A proprietary blend of vegetarian enzymes (Amylase, Protease, Lipase, Hemicellulase, and Lactase)	16 mg

†ChromeMate® brand niacin-bound chromium.

Other ingredients: cellulose, stearic acid, vegetable stearate, croscarmellose sodium, silicon dioxide, pharmaceutical glaze.

Contains: Soy.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control immediately.

Suggested Use: As a dietary supplement, take 5 tablets daily. Daily amount should be divided throughout the day and taken with food or as directed by your healthcare practitioner.

ChromeMate® is a registered trademark of InterHealth N.I.



*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.