

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), gelatin (capsule), vegetable stearate, silica, glycerin, water and glycerin triacetate.

This product contains fish oil (from anchovies and sardines).

Manufactured by:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)  
1.800.245.440

**Suggested Usage:** As a dietary supplement, adults take 1 pack daily or as directed by your healthcare professional.

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, flavoring, or preservatives.

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

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**FloraGLO**  FloraGLO is a registered trademark of Kemin Industries, Inc., USA.

KEEP OUT OF REACH OF CHILDREN

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #66588

# Prenatal Pack

A Dietary Supplement

 **DOUGLAS**  
LABORATORIES®

30 Packs

## Supplement Facts

Serving Size 1 Pack (2 Vegetarian Capsules / 2 Softgels / 1 Tablet per pack) • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	9
Calories from Fat .....	9
Total Fat .....	1 g 2%
Vitamin A (as natural beta-carotene) .....	5,000 IU 100%
Vitamin C (as ascorbic acid) .....	80 mg 133%
Vitamin D3 (as cholecalciferol) .....	800 IU 200%
Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol) .....	56 IU 167%
Thiamine (as thiamine mononitrate) .....	1.5 mg 100%
Riboflavin .....	1.7 mg 100%
Niacinamide .....	20 mg 100%
Vitamin B6 (as pyridoxine HCl) .....	2 mg 100%
Folate (as L-methylfolate, Metafolin®) .....	800 mcg 200%
Vitamin B12 (as methylcobalamin) .....	10 mcg 167%
Biotin .....	300 mcg 100%
Panthenic Acid (as calcium pantothenate) .....	10 mg 100%
Calcium (as citrate) .....	400 mg 40%
Iron (as Ferronyl®) .....	27 mg 150%
Iodine (from potassium iodide) .....	150 mcg 100%
Magnesium (from citrate) .....	75 mg 19%
Zinc (from citrate) .....	10 mg 67%
Selenium (from selenomethionine) .....	75 mcg 107%
Copper (from copper glycinate chelate) .....	1 mg 50%
Manganese (from citrate) .....	1 mg 50%
Chromium (from GTF) .....	150 mcg 125%
Molybdenum (from chelate) .....	75 mcg 100%
Marine Lipid Triglycerides .....	1,000 mg *
yielding:	
DHA (Docosahexaenoic acid) .....	450 mg *
EPA (Eicosapentaenoic acid) .....	150 mg *
Lutein (from marigold flower) .....	3 mg *

\*Daily Value not established.

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