



Category 6  
Multi Vitamins & Minerals



**GOODFORYOU**  
GOOD FOR LIFE

**Pre-Natal Caps**  
Multiple Vitamin & Mineral  
120 Caps #103806

**Description:** A woman's nutritional needs can be greater during this special time than at any other point in her life. **GFY's Pre-Natal Caps** encompass a complete array of vitamins and minerals essential to the support of both mother and child.

### Contents / Ingredients

### Traditional Therapeutic Action

A woman's nutritional needs can be greater during this special time than at any other point in her life. **GFY's Pre-Natal Caps** encompass a complete array of vitamins and minerals essential to the support of both mother and child. As one of our most popular woman's formulas, we've enriched our Pre-natal caps with high potency folic acid, calcium, magnesium, and non-constipating iron bisglycinate to ensure complete nutritional support. Most professionals agree that proper supplementation can greatly decrease the chances of disease and complications in unborn children. Along with a balanced diet, the Pre-Natal Supplement helps deliver the best nutrients to both mummy and baby!

The FDA in the USA says the following: "0.8 mg folic acid in a dietary supplement is more effective in reducing the risk of neural tube defects than a lower amount in foods in common form. FDA does not endorse this claim. Public health authorities recommend that women consume 0.4 mg folic acid daily from fortified foods or dietary supplements or both to reduce the risk of neural tube defects."

#### Supplement Facts

	Amount per Serving	% Daily Value
Serving Size 4 Capsules    Servings per Container 30		
Vitamin A (100% as Beta-Carotene).....	10,000 IU.....	200
Vitamin C (as Calcium Ascorbate).....	120 mg.....	200
Vitamin D (from Fish Liver Oil).....	400 IU.....	100
Vitamin E (as d-alphaTocopheryl Succinate).....	150 IU.....	500
Vitamin K.....	80 mcg.....	100
Thiamine (as Thiamine HCl)(Vit. B-1).....	5 mg.....	330
Riboflavin (Vitamin B-2).....	5 mg.....	290
Niacin (as Niacinamide).....	20 mg.....	100
Vitamin B-6 (as Pyridoxine HCl).....	5 mg.....	250
Folic Acid.....	800 mcg.....	200
Vitamin B-12 (as Cyanocobalamin).....	20 mcg.....	330
Biotin.....	300 mcg.....	100
Pantothenic Acid.....	20 mg.....	200
Calcium (as Calcium Carbonate and Calcium Ascorbate).....	1,200 mg.....	100

Iron (as Ferrochel Bisglycinate).....	36 mg.....	200
Iodine (from Kelp).....	150 mcg.....	100
Magnesium (as Magnesium Oxide).....	500 mg.....	125
Zinc (as Amino Acid Chelate).....	15 mg.....	100
Selenium (as L-Selenomethionine).....	50 mcg.....	140
Copper (as Amino Acid Chelate).....	1 mg.....	50
Manganese (as Amino Acid Chelate).....	3.5 mg.....	175
Chromium (as Chromium Picolinate).....	100 mcg.....	80
Molybdenum (as Amino Acid Chelate).....	80 mcg.....	105
Potassium (as Potassium Chloride).....	50 mg.....	1
Choline (as Choline Bitartrate).....	20 mg.....	(*)
Inositol.....	20 mg.....	(*)
PABA.....	10 mg.....	(*)
Vanadium (as Amino Acid Chelate).....	25 mcg.....	(*)

(\*) Daily values not established.  
Contains no yeast, wheat, corn, soy, milk, egg, sugar, salt, preservatives

**SUGGESTED DOSAGE:** As a dietary supplement for pregnant or lactating women, take four capsules daily, preferably in divided doses, with food.

**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 physician or poison control center immediately.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.