



MultiNatal

Each vegetarian capsule contains:	Each capsule Unit	
Vitamin A (palmitate, beta carotene)	600	µg
Vitamin B-1 (thiamine hydrochloride)	2.5	mg
Vitamin B-2 (riboflavin hydrochloride, riboflavin 5 phosphate)	2.5	mg
Vitamin B-3 Niacinamide	2.5	mg
Pantothenic acid (calcium pantothenate)	2.5	mg
Vitamin B-6 (pyridoxine hydrochloride, pyridoxal 5 phosphate)	12.5	mg
Vitamin B-12 (cyanocobalaminn)	50	µg
Vitamin C (calcium ascorbate)	12.5	mg
Vitamin D3 (cholecalciferol)	1.25	µg
Vitamin E (d-alpha tocopherol succinate)	20.66	µg
Biotin	2.5	µg
Folate (Folic acid)	0.25	mg
Calcium (citrate)	62.5	mg
Chromium (HVP chelate)	37.5	µg
Magnesium (magnesium citrate)	31.25	mg
Manganese (HVP chelate)	0.25	mg
Molybdenum (HVP chelate)	1	µg
Potassium (HVP chelate)	5	mg
Selenium (selenomethionine)	25	µg
Silicon (silicon dioxide)	0.25	mg
Zinc (HVP chelate)	4	mg
Ginger root (Zingiber officinalis) 4:1	25	mg
Urtica dioica (Stinging nettle root)	10	mg
Bioperine®	2.5	mg

Recommended adult daily dosage: Take 2 capsules two times a day with food, or as directed by a practitioner.