

PhD PRENATAL FORMULA

60 PILLS

Directions: Adults take 2 capsules daily, with or without food. For best experience, take on an empty stomach.

Supplement Facts		% Daily Value
Serving Size 2 Capsules		Preg Women &
Servings Per Container 30		Lact Women
Amount Per 2 Capsule Serving		
Vitamin A (as 50% beta-carotene USP, retinyl palmitate USP)	520 mcg	40%
Vitamin C (as ascorbic acid)	72 mg	60%
Vitamin D (D-3 as cholecalciferol from Lichen)	25 mcg (1000 IU)	167%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	14.3 mg	75%
Vitamin K (K-1 as phyloquinone)	18 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate)	0.7 mg	50%
Riboflavin (Vitamin B-2)	0.32 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	18 mg	100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	100%
Folate (as L-methylfolate, glucosamine salt)	630 mcg DFE (378 mcg L-methylfolate)	105%
Vitamin B-12 (as methylcobalamin)	3.5 mcg	125%
Biotin	17.5 mcg	50%
Pantothenic acid (as calcium D-pantothenate)	7 mg	100%
Choline (as choline bitartrate USP)	55 mg	10%
Iron (as SunActive®Fe ferric pyrophosphate)	9 mg	33%
Iodine (as potassium iodide USP)	290 mcg	100%
Magnesium (as magnesium citrate USP)	8 mg	2%
Zinc (as zinc citrate)	3.9 mg	30%
Selenium (as L-selenomethionine)	14 mcg	20%
Copper (as copper chelate)	0.26 mg	20%
Algal Oil	149 mg	--
Omega-3 DHA (Docosahexaenoic Acid)	100 mg	--
Vitamin K-2 (as menaquinone-7)	18 mcg	**
Coenzyme Q10 (as ubiquinone USP)	60 mg	**
Inositol (as inositol niacinate)	4 mg	**
Lutemax 2020® Marigold Flower Extract	40 mg	**
Lutein	10 mg	**
Zeaxanthin	2 mg	**
SmartyPants Probiotic Blend	3 Billion CFU	30 mg
<i>Bacillus coagulans</i> MTCC5856 LactoSpore	2 Billion CFU	20 mg
<i>Bacillus subtilis</i> DE111	1 Billion CFU	10 mg
Spectra™ Whole Food Antioxidant Blend	100 mg	**
Coffea arabica Extract, Green Tea Extract, Broccoli Sprout, Onion Extract, Apple Extract, Quercetin, Maltodextrin, Acerola Extract, Tomato, Broccoli, Acai, Basil, Cinnamon, Garlic, Oregano, Turmeric, Carrot, Elderberry, Mangosteen, Camu Camu, Blackberry, Blackcurrant Extract, Blueberry Extract, Raspberry, Spinach, Chokeberry, Kale, Sweet Cherry, Bilberry Extract, Silicon Dioxide, Sunflower Lecithin, Brussels Sprout		

** Daily Value not established.

SPDCPN60R4

Other Ingredients: Modified Food Starch, Hydroxypropylmethylcellulose (Vegan Capsule), Rice Flour, Rice Starch, Pectin, Natural Flavor, Glycerol, Coconut Oil Powder, Mixed Tocopherols, Silicon Dioxide.