



PRENATAL SUPPORT

Supplement	Quantity	Time
Advanced Daily	1	Morning
Methylation+	1	Morning
Iron	1	Morning
Omega-3 Complex	1	Evening

WHAT DOES THE PRENATAL SUPPORT PACK DO?

Eating a healthy, balanced diet can help you get the proper vitamins and minerals you need, but even the best eaters have nutritional gaps and fall short on key nutrients. If you are trying to conceive or are pregnant, a high-quality prenatal vitamin can help fill those nutritional gaps. While most prenatal vitamins on the market today attempt to package what you need into a single pill to be taken at any time throughout the day, IDLife's Prenatal Pack comes with 4 different vitamins specifically designed to be taken at the right time of day, to help provide you and your child more of what each of you needs and support optimal absorption of the nutrients.

WHAT IS OFFERED IN THE PRENATAL SUPPORT PACK?

Each box comes with a 30-day supply of convenient daily strip packs divided into morning and evening. The box includes 30 single-strip AM packs which include 1 Advanced Daily, 1 Methylation+, and 1 Iron. The box also includes 30 single-strip PM packs which include 1 Omega-3 Complex.

***Consult your physician and follow all safety instructions before using any prenatal supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.**

Supplement Facts

Serving Size: 1 pack
Servings per container: 30

	Morning Pack		Evening Pack	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin C	4.40 mg	4%	0.00 mg	0%
Vitamin C (from Calcium Ascorbate)	50.00 mg	55%	0.00 mg	0%
Vitamin D3 (from Cholecalciferol)	5.00 mcg	33%	0.00 mcg	0%
Vitamin E (as d-alpha tocopherol)	0.00 mg	0%	6.70 mg	44%
Thiamin (Vitamin B1)(as Thiamine Mononitrate)	0.65 mg	43%	0.00 mg	0%
Vitamin B2 (Riboflavin-5-Phosphate Sodium)	20.00 mg	1538%	0.00 mg	0%
Riboflavin (Vitamin B2)	0.60 mg	46%	0.00 mg	0%
Vitamin B6 (from Pyridoxine hydrochloride)	0.75 mg	57%	0.00 mg	0%
Vitamin B6 (Pyridoxal-5-Phosphate)	30.00 mg	2307%	0.00 mcg	0%
Folate (from 5-MTHF ((6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt and Folic Acid)	600.00 mcg DFE	150%	0.00 mcg DFE	0%
Folate [from (6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®)]	50.00 mcg DFE	12%	0.00 mcg DFE	0%
Vitamin B12 (as Methylcobalamin)	100.00 mcg	4166%	0.00 mcg	0%
Biotin (as D-Biotin)	15.00 mcg	50%	0.00 mcg	0%
Vitamin B5 (Pantothenic Acid from d-Calcium Pantothenate)	3.00 mg	30%	0.00 mg	0%
Calcium (from Calcium Carbonate, Calcium Citrate Malate, and Calcium Citrate)	56.25 mg	5%	0.00 mg	0%
Choline (as Choline Bitartrate)	25.00 mg	4%	0.00 mg	0%
Iron (as Ferrochel® (Ferrous Bisglycinate Chelate))	28.00 mg	155%	0.00 mg	0%
Iodine (from kelp)(stem and leaf)	50.00 mcg	33%	0.00 mcg	0%
Magnesium (from Magnesium Oxide)	50.00 mg	12%	0.00 mg	0%
Zinc (from Zinc Glycinate Chelate) (TRAACS®)	2.50 mg	22%	0.00 mg	0%
Selenium (from L-selenomethionine)	27.50 mcg	50%	0.00 mcg	0%
Copper (from Copper Glycinate Chelate) (TRAACS®)	375.00 mcg	41%	0.00 mcg	0%
Manganese (from Manganese Glycinate Chelate) (TRAACS®)	1.00 mg	43%	0.00 mg	0%
Chromium (from Chromium Nicotinate Glycinate Chelate) (TRAACS®)	15.00 mcg	50%	0.00 mcg	0%
Molybdenum (from Molybdenum Glycinate Chelate) (TRAACS®)	25.00 mcg	55%	0.00 mcg	0%
Betaine Anhydrous (trimethylglycine)	435.00 mg	*	0.00 mg	*
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0.00 mg	*	240.00 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0.00 mg	*	320.00 mg	*
Inositol (from Inositol HexaNicotinate)	10.00 mg	*	0.00 mg	*
PABA (para-Aminobenzoic Acid)	10.00 mg	*	0.00 mg	*
PhosphatidylSerine (SerinAid®)	25.00 mg	*	0.00 mg	*
Quercetin (Dimorphandra mollis) (Flower)	0.75 mg	*	0.00 mg	*
Sensoril® Ashwagandha Extract (Withania somnifera)(Root & Leaf) [Standardized to 10% Withanolide Glycosides and 32% Oligosaccharides)	46.50 mg	*	0.00 mg	*
Silicon	17.21 mg	*	0.00 mg	*
Vanadium (from Vanadium Nicotinate Glycinate Chelate) (TRAACS®)	125 mcg	*	0.00 mcg	*

*Daily Value (DV) not established.

Other Ingredients: Gelatin (Bovine), Microcrystalline Cellulose, Glycerin, Gelatin Capsule, Stearic Acid, DI Water, Magnesium Stearate, Silica

Warning: This product contains iron. Accidental overdose of drugs that have iron in them is a leading cause of deadly poisoning in children younger than 6 years of age. Keep this product away from children. In case of accidental overdose, call a doctor or poison control center immediately.

Caution: Folic Acid may obscure pernicious anemia in that the peripheral blood picture may revert to normal while neurological manifestations remain progressive. Allergic sensitization has been reported following both oral and parenteral administrations of Folic acid. You should consult with your physician or health care professional before taking any products intended to supplement your nutrition.