

Suggested Use: As a dietary supplement, adults take one (1) capsule daily preferably with a meal or as recommended by a physician.

Caution: Do not take more than 500 mg. of niacin per day except under supervision of a physician.

Possible Side Effects: Temporary flushing, itching, rash, or gastric disturbances may occur. If these symptoms persist, discontinue use and consult a physician.

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.

Consult a physician or licensed qualified health care professional before using this product if you are being treated for any medical condition or are taking any medication. Discontinue immediately if any side effects occur. Do not use if safety seal is broken or missing.

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. KEEP OUT OF THE REACH OF CHILDREN.
STORE PRODUCT AT ROOM TEMPERATURE. DO NOT EXPOSE TO EXCESSIVE HEAT OR MOISTURE.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Every batch tested for potency, purity and integrity.



FORMULATED
IN THE U.S.A.



VEGAN



GLUTEN
AND MAJOR
ALLERGEN FREE

★ **GMP** ★

Quality Assured



NON-GMO

Mama's
Select



Once Daily
Premium Multivitamin for
Mama & Baby*



DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

Amount Per Serving %DV†		
Vitamin A (as beta-carotene)	1309mcg RAE	101%
Vitamin C (as ascorbic acid)	100 mg	83%
Calcium (as calcium carbonate)	100 mg	8%
Iron (as ferrous fumarate)	27 mg	150%
Vitamin D (as cholecalciferol)	10.6 mcg	71%
Vitamin E (as d-alpha tocopheryl acetate)	20 mg	105%
Thiamin (as thiamin HCl)	1.50 mg	107%
Riboflavin	1.70 mg	106%
Niacin (as niacinamide)	18 mg NE	100%
Vitamin B6 (as pyridoxal-5-phosphate)	2.60 mg	130%
Folate (as calcium 5-methyltetrahydrofolate)	860 mcg DFE	143%
Vitamin B12 (as methylcobalamin)	7 mcg	250%
Zinc (as zinc oxide)	25 mg	192%

† % Daily Value for Pregnant and Lactating Women.

Other Ingredient(s):

Vegetable Cellulose;
Rice Flour, Magnesium Stearate.

Manufactured for:

Mama's Select
Frisco, TX 75035
MamasSelect.com
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NO: GMOs, Gluten, Wheat, Yeast, Dairy, Soy, Egg, Fish, Shellfish, Tree Nuts, Peanuts, Animal Products, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.