



NATURE'S SUNSHINE

Nature's Prenatal

Non-GMO

GOOD FOR

Female Reproductive System

Uterus

Nervous System

SIZE **120 tablets**

ITEM # **3242**

SERVING **1**

SUPPLY **120 days**

DIRECTIONS FOR USE Take 1 tablet daily with a meal.

— How the Key Ingredients Work

Nature's Prenatal brings together a carefully chosen blend of vitamins, minerals, and botanicals that work together to support your body through every stage of pregnancy and beyond. Each ingredient plays a specific role — from helping build strong bones and healthy blood to keeping your energy steady and your baby's development on track.

Folate (Vitamin B9) — One of the most important nutrients in any prenatal formula, folate helps support healthy cell growth and is essential for your baby's earliest development. It also helps your body make healthy red blood cells and supports normal homocysteine levels, which is good news for your heart and circulation.

Iron — Iron helps your blood carry oxygen to both you and your baby — and your need for it rises significantly during pregnancy. It's the cornerstone nutrient for preventing iron-deficiency anemia, and it works even better when paired with vitamin C. Keeping iron levels healthy supports your energy and helps your baby grow.

Vitamin D3 — Often called the sunshine vitamin, D3 supports strong bones and teeth by helping your body absorb and use calcium properly. It also plays a role in keeping your immune system balanced and your mood steady — both especially important during pregnancy when your body is working overtime.

Calcium — Calcium is the main mineral your baby's bones and teeth are built from, and your body will draw on your own stores if your diet comes up short. Getting enough calcium every day helps protect your bone density while giving your growing baby the building blocks needed for a strong skeleton.

Iodine — Your thyroid depends on iodine to make the hormones that keep your metabolism running smoothly — and those same hormones are critical for your baby's brain development. Iodine needs go up during pregnancy and breastfeeding, making it a must-have in any prenatal blend.

Vitamin C — Vitamin C is a hardworking antioxidant that helps protect your cells from everyday wear and tear. It also helps your body absorb iron from plant-based foods more effectively, supports collagen production for healthy skin and tissue, and gives your immune system a reliable daily boost.

Vitamin A — Vitamin A supports healthy vision, immune function, and normal cell growth — all areas that matter during pregnancy. It's included at a carefully considered level, since the body needs enough to support development without going overboard. The formula uses a balanced combination of preformed vitamin A and carotenoid forms.

Magnesium — Magnesium is involved in hundreds of processes in the body, from muscle relaxation and nerve signaling to energy production and bone health. Many people don't get quite enough from food alone, and during pregnancy the demand rises. It also helps support a calm, steady nervous system — something every expecting mom can appreciate.

Zinc — Zinc is a trace mineral that quietly does a lot — it helps support your immune defenses, plays a role in healthy cell division, and is involved in the production of important hormones. It also works alongside other antioxidants in the body to help protect cells from oxidative stress.

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