

USANA Essentials™



<http://www.thepeacefulbirthproject.usana.com/>

DIRECTIONS: TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

Supplement Facts

Serving Size 2 Tablets

	AMOUNT PER SERVING	% DV*
CALCIUM (AS CALCIUM CITRATE AND CARBONATE)	135 mg	15%
IODINE (AS POTASSIUM IODIDE)	150 µg	100%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE)	150 mg	40%
ZINC (AS ZINC CITRATE)	10 mg	70%
SELENIUM (AS L-SELENOMETHIONINE AND AMINO ACID COMPLEX)	100 µg	140%
COPPER (AS COPPER GLUCONATE)	1 mg	50%
MANGANESE (AS MANGANESE GLUCONATE)	2.5 mg	130%
CHROMIUM (AS CHROMIUM POLYNICOTINATE AND PICOLINATE**)	150 µg	130%
MOLYBDENUM (AS MOLYBDENUM CITRATE)	25 µg	35%
BORON (AS BORON CITRATE)	1.5 mg	†
SILICON (AS SILICON AMINO ACID COMPLEX)	2 mg	†
VANADIUM (AS VANADIUM CITRATE)	20 µg	†
ULTRA TRACE MINERALS	1.5 mg	†

* PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.
 † DAILY VALUE NOT ESTABLISHED.
 ** LICENSED UNDER U.S. PATENT 4,315,927.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, PREGELATINIZED STARCH, SILICON DIOXIDE, DEXTRIN, VANILLA EXTRACT, SODIUM CITRATE, DEXTROSE, SOY LECITHIN.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

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VITAMIN A (AS BETA CAROTENE)	7,500 IU	150%
VITAMIN C (AS CALCIUM, POTASSIUM, MAGNESIUM, & ZINC ASCORBATES)	650 mg	1080%
VITAMIN D3 (AS CHOLECALCIFEROL)	900 IU	225%
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	200 IU	670%
VITAMIN K (AS PHYLLIQUINONE)	30 µg	40%
THIAMIN (AS THIAMIN HCL)	13.5 mg	900%
RIBOFLAVIN	13.5 mg	790%
NIACIN (AS NIACIN AND NIACINAMIDE)	20 mg	100%
VITAMIN B6 (AS PYRIDOXINE HCL)	16 mg	800%
FOLATE (AS FOLIC ACID)	500 µg	130%
VITAMIN B12 (AS CYANOCOBALAMIN)	100 µg	1670%
BIOTIN	150 µg	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	45 mg	450%
OLIVOL***	15 mg	†
(OLIVE EXTRACT, <i>OLEA EUROPAEA</i> L., FRUIT)		
MIXED NATURAL TOCOPHEROLS (D-GAMMA, D-DELTA, D-BETA TOCOPHEROL)	17 mg	†
BIOFLAVONOID COMPLEX (RUTIN, QUERCETIN, HESPERIDIN [<i>CITRUS</i> spp. L., FRUIT], GREEN TEA EXTRACT-DECAFFEINATED [<i>CAMELLIA SINENSIS</i> HUNT, LEAVES], POMEGRANATE EXTRACT [<i>PUNICA GRANATUM</i> L., FRUIT])	99 mg	†
CINNAMON EXTRACT [<i>CINNAMOMUM CASSIA</i> L., BARK], BILBERRY EXTRACT [<i>VACCINIUM MYRTILLUS</i> L., FRUIT])		
INOSITOL	75 mg	†
CHOLINE BITARTRATE	50 mg	†
N-ACETYL L-CYSTEINE	50 mg	†
BROMELAIN	25 mg	†
COENZYME Q10	6 mg	†
TURMERIC EXTRACT (<i>CURCUMA LONGA</i> L., ROOT)	7.5 mg	†
LUTEIN (<i>TAGETES ERECTA</i> L., FLOWER)	300 µg	†
LYCOPENE	500 µg	†
BROCCOLI CONCENTRATE (<i>BRASSICA OLERACEA</i> V. <i>BOTRYTIS</i> L., FLOWER)	7.5 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
 † Daily Value not established.
 *** Olivol is a trademark of USANA HEALTH SCIENCES, Inc., protected under US Patents 6,358,542 or 6,361,803.

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New Chapter Perfect Prenatal



Supplement Facts

Serving size 3 Tablets Servings per container 64

Three tablets contain	% DV
Probiotic Nutrients*	
Vitamin A † (100% as beta-carotene)	5000 IU 100%
Vitamin C †	60 mg 100%
Vitamin D3 †	1000 IU 250%
Vitamin E †	30 IU 100%
Vitamin K1 †	70 mcg 88%
Vitamin K2 (MK-7) (from MenaQ7™ S)	10 mcg 12%
Thiamin-Vitamin B1 †	4 mg 267%
Riboflavin-Vitamin B2 †	5 mg 294%
Niacin †	20 mg 100%
Vitamin B6 †	5 mg 250%
Folate †	600 mcg 150%
Vitamin B12 †	30 mcg 500%
Biotin †	300 mcg 100%
Pantothenic Acid †	10 mg 100%
Calcium (from Algae ‡)	75 mg 7.5%
Iron †	18 mg 100%
Iodine †	90 mcg 60%
Magnesium † (70% cultured, 30% from Algae ‡)	15 mg 3%
Zinc †	7.5 mg 50%
Selenium †	50 mcg 71%
Copper †	750 mcg 38%
Manganese †	2 mg 100%
Chromium †	100 mcg 83%
Molybdenum †	20 mcg 27%
Mixed Carotenoids †	3 mg •
Prenatal Herbal Blend †	300 mg •
[Organic Brown Rice, Organic Oats, Organic Blueberries (fruit), Organic Prunes (fruit), Organic Blackberries (fruit), Organic Flame Raisins (fruit), Organic Raspberries (fruit), Organic Dandelion (leaf), Organic Rose Hips (fruit), Organic Lavender (flower), Organic Lemon Balm (leaf), Organic Peppermint (leaf), Organic Cloves (bud), L. casei, L. plantarum, L. salivarius, L. acidophilus, L. rhamnosus, S. thermophilus, B. bifidum, B. infantis, B. longum, and B. breve]	
Breast Support Blend (sprouted seeds)	100 mg •
(Organic Broccoli, Organic Cauliflower, Organic Kale, Organic Daikon Radish, Organic Cabbage, Organic Mustard)	

• Daily Value not established † Lithothamnion: (*L. calcareum* and *L. coralloides*)
 † Nutrients and herbs are cultured in organic media that may contain: organic milled soy, *Saccharomyces cerevisiae* (organic yeast: active and inactive), organic maltodextrin, organic gum acacia, organic orange and lemon peel – natural sources of bioflavonoids, organic carrot powder, organic alfalfa powder, *Lactobacilli* (*L. acidophilus*, *L. bifidus*, *L. rhamnosus*) and enzymes (deactivated).