

## Essential Prenatal

Formulated to support women, before and during pregnancy. Here's a guide to bring to your doctor to make sure it's right for you. Learn more at [ritual.com](http://ritual.com).



Delayed-Release Capsule Design\*



Vegan Friendly



Gluten & Major Allergen Free



No Colorants or Synthetic Fillers



Non-GMO

### Nutrients to Help Support

- Neural Tube Development\***  
 Methylated Folate and Choline help support neural tube development.\*
- Fetal Brain Development\***  
 Choline and vegan Omega-3 DHA help support fetal brain development.\*
- Blood Building\***  
 Gentle, chelated Iron and methylated Folate help promote red blood cell formation.\*
- Bone Health\***  
 Calcium-helper nutrients D3, K2, Magnesium, and Boron help maintain bone health.\*

### Supplement Facts

Serving Size: Two (2) Vegan Capsules  
 Servings Per Container: 30



**Folate**  
 Methylated Folate  
*Pisticci, Italy*  
 1000 mcg DFE



**Iodine**  
 USP-grade Iodine  
*Ogden, Utah*  
 150 mcg



**Vitamin D3**  
 D3 from lichen  
*Nottingham, UK*  
 50 mcg (2000 IU)



**Choline**  
 Nature-identical Choline  
*Verona, Missouri*  
 55 mg



**Omega-3 DHA**  
 DHA from microalgae  
*Saskatoon, Canada*  
 350 mg



**Boron**  
 Food-form Boron  
*Momence, Illinois*  
 0.7 mg



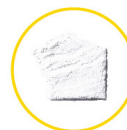
**Vitamin B12**  
 Methylated B12  
*Bridgeport, Connecticut*  
 8 mcg



**Biotin**  
 USP-grade Biotin  
*Bridgeport, Connecticut*  
 300 mcg



**Vitamin K2**  
 Pure, non-soy form of K2 MK-7  
*Oslo, Norway*  
 90 mcg



**Magnesium**  
 Chelated form of Magnesium  
*Ogden, Utah*  
 32 mg



**Vitamin E**  
 Vitamin E from mixed tocopherols  
*Buenos Aires, Argentina*  
 7 mg



**Iron**  
 Gentle, chelated form of Iron  
*Ogden, Utah*  
 18 mg

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