

Essential Prenatal

Formulated to support you, 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.















How It Works

- **Methylated Folate** supports healthy neural tube development.
- **Omega-3s from algae rich in DHA** work with nature-identical Choline to support brain and cognition development.
- The first **vegan-certified Vitamin D3** provides a nutritional foundation for a normal birth weight.
- **Gentle chelated Iron** promotes energy production and red blood cell development.

Supplemental Facts

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

	Folate <u>1,700 mcg DFE, 283%†</u> (as 6S-5-Methyltetrahydrofolate [Glucosamine Salt]‡) <i>Pisticci, Italy</i>		Iron <u>18 mg, 67%†</u> (as ferrous bisglycinate ⁶) <i>Ogden, Utah</i>
	Choline <u>55 mg, 10%†</u> (as bitartrate ⁵) <i>Verona, Missouri</i>		Vitamin B12 <u>8 mcg, 286%†</u> (as methylcobalamin) <i>Bridgeport, Connecticut</i>
	Biotin <u>300 mcg, 857%†</u> USP-grade, active Biotin <i>Bridgeport, Connecticut</i>		Magnesium <u>30 mg, 8%†</u> (as dimagnesium malate) <i>Ogden, Utah</i>
	Omega-3 DHA <u>350 mg, **</u> [from Schizochytrium spp. (whole microalgae) ⁸] <i>Saskatoon, Canada</i>		Vitamin K2 <u>90 mcg, 100%†</u> (as Menaquinone-7 ³) <i>Oslo, Norway</i>
	Vitamin D3 <u>50 mcg, 333%†</u> (as Cholecalciferol ¹) [from Lichen (whole plant)] <i>Nottingham, UK</i>		Vitamin E <u>6.7 mg, 35%†</u> (as alpha tocopherol from mixed tocopherols ²) [from Brassica napus(seed)] <i>Buenos Aires, Argentina</i>
	Iodine <u>150 mcg, 52%†</u> (as potassium iodide) <i>Ogden, Utah</i>		Boron <u>1 mg, **</u> (as calcium fructoborate ⁷) <i>Momence, Illinois</i>



†Percent Daily Values for Pregnant and Lactating Women, ** Daily Value (DV) not established

Other Ingredients: Stomach acid-resistant outer vegan capsule (hypromellose, gellan gum), inner vegan capsule (hypromellose), silica, cellulose, l-leucine

¹Vitashine™ lichen, ²Tocomix® 70R, ³K2VITAL®, ⁴Quatrefolic®, ⁵VitaCholine®, ⁶Ferrochel®, ⁷FruiteX-B®, ⁸Algarithm™