

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.



Essenced with lemon peel extract for a fresh experience

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.*



Vegan Friendly



No Nausea Capsule Design



Gluten & Allergen Free



Non-GMO



No Colorant or Synthetic Fillers

Supplemental Facts

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



Folate 1665mcg DFE, 278%†
(as 6S-5-Methyltetrahydrofolate [Glucosamine Salt]¹)
Pisticci, Italy



Omega-3 DHA 300 mg, **
[from *Schizochytrium* spp. (whole microalgae)²]
Kingstree, South Carolina



Vitamin D3 50 mcg, 333%†
(as Cholecalciferol³) [from Lichen (whole plant)]
Nottingham, UK



Iron 18 mg, 67%†
(as ferrous bisglycinate⁴)
Ogden, Utah



Biotin 300 mcg, 857%†
USP-grade, active Biotin
Bridgeport, Connecticut



Iodine 150 mcg, 52%†
(as potassium iodide)
Ogden, Utah



Choline 55 mg, 10%†
(as bitartrate⁵)
Verona, Missouri



Vitamin B12 8 mcg, 286%†
(as Methylcobalamin)
Bridgeport, Connecticut



Magnesium 30 mg, 8%†
(as dimagnesium malate)
Ogden, Utah



Vitamin K2 90 mcg, 100%†
(as Menaquinone-7⁶)
Oslo, Norway



Vitamin E 6.7 mg, 35%†
(as alpha tocopherol from mixed tocopherols⁷) [from *Brassica napus* (seed)]
Bueno, Aires, Argentina



Boron 1 mg, **
(as calcium fructoborate⁸)
Momence, Illinois

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

*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.