

# LIQUID HEALTH™

Give your child the ultimate headstart on health with **Liquid Prenatal Multi!**

liquid prenatal multi dietary supplement

### SUPPLEMENT FACTS

Serving Size: 1 Tbsp		Servings Per Container: 32	
	Amount Per Tbsp	% Daily Value†	
Calories	4		
Total Carbohydrates	7		
Sugars	0		
Vitamin A (as 100% natural beta-carotene)	5,000 iu	100%	
Vitamin C (as ascorbic acid, citrus bioflavonoids, certified organic whole-food vitamin mineral blend)	150 iu	200%	
Vitamin D3 (as cholecalciferol)	800 iu	200%	
Vitamin E (as tocopherol acetate, mixed alpha tocopherols, certified organic whole-food vitamin mineral)	30 iu	100%	
Thiamin - Vitamin B1 (as Thiamine hcl USP, certified organic whole-food vitamin mineral blend)	2.3 mg	153%	
Riboflavin - Vitamin B2 (as Riboflavin 5 phosphate, certified organic whole-food vitamin mineral blend)	2.6 mg	153%	
Niacin - Vitamin B3 (as niacinamide USP, certified organic whole-food vitamin mineral blend)	200 mg	100%	
Vitamin B6 (as pyridoxine hcl USP, certified organic whole-food vitamin mineral blend)	2.8 mg	140%	
Folate (100% from certified organic citrus limon extract (peel))	800 mcg	200%	
Vitamin B12 (as methylcobalamin, certified organic whole-food vitamin mineral blend)	200 mcg	3333%	
Biotin (as biotin USP, certified organic whole-food vitamin mineral blend)	300 mcg	100%	
Pantothenic acid (as d-calcium pantothenate, certified organic whole-food vitamin mineral blend)	15 mg	150%	
Calcium (from whole food plant source)	20 mg	2%	
Iron (as Ferrochel® ferrous bisglycinate chelate, certified organic whole-food vitamin mineral blend)	18 mg	100%	
Iodine (as potassium iodide)	100 mcg	67%	
Magnesium (from algae, certified organic whole-food vitamin mineral blend)	2 mg	1%	
Zinc (as zinc picolinate, certified organic whole-food vitamin mineral blend)	10 mg	67%	
Selenium (as amino acid chelate, certified organic whole-food vitamin mineral blend)	45 mcg	64%	
Manganese (as manganese citrate, certified organic whole-food vitamin mineral blend)	2 mg	100%	
Chromium (as chromium polynicotinate, certified organic whole-food vitamin mineral blend)	100 mcg	83%	
Molybdenum (as sodium molybdenate, certified organic whole-food vitamin mineral blend)	75 mcg	100%	
Choline (as choline bitartrate)	15 mg	**	
63 trace mineral blend (plant source)	3 mg	**	
Whole Food Nutrient Blend	650 mg	**	
<small>Red algae mineral blend (Lithothamnion), NutraFlora® ScFOS prebiotic blend, Acai berry (Euterpe oleracea), Bilberry (Vaccinium Myrtillus), Cranberry (Vaccinium Macrocarpon), Mulberry (Morus spp.), Strawberry (Fragaria spp.), Certified Organic Guava (Psidium guajava) extract, Certified Organic Lemon (Citrus limon) extract, Certified Organic Sesbania Grandiflora extract, Certified Organic Amla (Phyllanthus emblic) berry extract, Certified Organic Holy Basil (Ocimum sanctum) extract, Certified Organic Annatto (Bixa Orellana) extract, Fruits &amp; Greens™ Antioxidant Fruit and Vegetable Blend (extractives of: Banana, kiwi, mango, pineapple, cranberry, cherry, raspberry, red pepper, plum, apricot, ginger, broccoli, spinach, kale, cabbage, orange, grapefruit, lemon, lime, green tea)</small>			
** Daily Value not established		† Percent Daily Values are based on a 2,000 calorie diet	

**Other Ingredients:** Purified water, Activaleo® Aloe vera juice, Erythritol, Citric Acid, Natural Flavoring, Xanthan Gum, Stevia Leaf Extract, Potassium sorbate (to preserve freshness), Potassium benzoate (to preserve freshness).

\*These statements have not been evaluated by the FDA. This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease.

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**LIQUID HEALTH™, INC.**  
**All Liquid Health™ Products**  
**Made In California, USA**

25799 Jefferson Ave  
 Murrieta, CA 92562



**Whole Food Nutrients**  
 Designed to Nourish Mother & Baby  
 Before, During, and After Pregnancy





# LIQUID HEALTH™

## Provides Your Baby with the Highest Quality Nutrients!

Liquid Health's Prenatal Multi is a liquid supplement formulated with the help from doctors, midwives, and other medical professionals. Proper prenatal nutrition and care can help to promote a healthy pregnancy and baby. No supplement form offers better absorption than liquid. Breastfeeding and pregnant women need to meet the demanding needs of a growing baby. Most health professionals agree, that when taken daily, a prenatal supplement, along with a balanced, healthy diet, can help to provide the levels of vitamins, minerals, and nutrients that your body needs when pregnant or nursing. Liquid Health Prenatal Multi is formulated to deliver the vital nutrients that both the babies and the mothers need. Liquid Health has included targeted levels of vitamins, minerals and nutrients to specifically nourish mother and baby.



What makes Liquid Health Prenatal Multi different from the other prenatal products on the market?

### Beta-carotene vs. Vitamin A

Too much of a good thing? Liquid Health Prenatal uses only 100% natural beta-carotene as a vitamin A source. Beta-carotene must be converted to vitamin A in the body. Vitamin A is a vital nutrient that aids in cell growth, reproduction, and the formation of bone tissue. In the event a pregnant woman consumes too much Vitamin A, risk of birth defects or spontaneous abortion of the unborn baby is increased. It is safest to consume natural beta-carotene as it is converted into vitamin A in the body only as needed with no concern for toxicity.

### Folate vs. Folic acid

Folic acid must be converted to folate in the liver for the body to utilize this important nutrient. In other words, folic acid is the synthetic, less bioavailable form of folate. Almost all multi-vitamins and prenatal supplements use the synthetic form. Read the label carefully to make sure you are getting folate in your supplement. Liquid Health Prenatal Multi uses only 100% organic certified lemon-peel extract to source folate.

### Critical Nutrients in a Highly Bioavailable Liquid

- Folate
- Blend of B1, B2, B3, B5, B6, B9, & B12
- Iron  
Gentle / Non-Constipating Iron\*
- Zinc  
supports normal growth and development during pregnancy
- Calcium  
from an organic whole food plant source
- Vitamin A  
from a natural, whole food  
Beta-Carotene source
- NutraFlora® Prebiotics
- Non-GMO
- Sugar Free /  
Naturally Sweetened

