

Rootd™

PRENATAL MULTIVITAMIN

FIZZY VITAMIN DRINK MIX



To make sure Rootd is right for you, bring this guide to your doctor to aid in your conversation.

Supplement Facts

Serving Size 1 Packet (5g)

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	< 1g	< 1%*
Total Sugars	0g	†
Includes 0g Added Sugars		0%*
Vitamin A (as Retinol Palmitate and Beta Carotene)	1300mcg	100%
Vitamin C (as Ascorbic Acid)	120mg	100%
Vitamin D (as Cholecalciferol)	15mcg	100%
Vitamin E (as d-alpha-Tocopherol Succinate)	19mg	100%
Vitamin K (as Phylloquinone)	90mcg	100%
Thiamin (Vitamin B1)	1.4mg	100%
Riboflavin (Vitamin B2)	1.6mg	100%
Niacin (as Niacinamide)	18mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-phosphate)	2mg	100%
Folate (as Folic Acid and 200mcg Quatrefolic® (6S)-5-methylfolate, glucosamine salt)	600mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	2.8mcg	100%
Biotin	35mcg	100%
Pantothenic Acid (as Calcium Pantothenate)	7mg	100%
Calcium (as Calcium Lactate)	78mg	6%
Iron (as Ferrous Bisglycinate Chelate)	9mg	33%
Iodine (as Potassium Iodide)	290mcg	100%
Magnesium (as Magnesium Citrate)	50mg	13%
Zinc (as Zinc Citrate)	13mg	100%
Selenium (as Selenium Glycinate)	70mcg	100%
Copper (as Copper Amino Acid Chelate)	1.3mg	100%
Manganese (as Manganese Citrate)	3mg	115%
Chromium (as Chromium Nicotinate Glycinate Chelate)	45mcg	100%
Molybdenum (as Molybdenum Amino Acid Chelate)	50mcg	100%
Sodium (as Sodium Bicarbonate)	322mg	14%
Potassium (as Potassium Bicarbonate)	128mg	3%
Choline (as Choline Bitartrate)	200mg	36%
Lutein (from marigold)	700mcg	†
Rootd™ Organic SuperGreens Blend Organic Chlorella, Organic Kale (leaf), Organic Broccoli (plant), Organic Barley Grass, Organic Oat Grass.	205mg	†
Rootd™ Probiotic and Digestion Blend Lactobacillus coagulans MTCC 5856 (60 million CFU).	4mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.
** %DV for pregnant or lactating women.

Other Ingredients: Citric Acid, Natural Flavors, Xanthan Gum, Silica, Turmeric (for color), Organic Stevia.

Excellent Source of Vitamins and Minerals

Mommy and Mini Approved



FOLATE
Neural Tube Support*



GENTLE IRON
Tummy Approved*



VEGETABLE BLEND
Organic Greens



B COMPLEX
Energy Production*



LUTEIN + A
Eye Health*



PROBIOTIC BLEND
Digestive Support*

DIRECTIONS: For pregnant, lactating, or women trying to become pregnant, drink 1 packet per day. Best if taken with a little food in your tummy.

HOW MUCH WATER? UP TO YOU!
Flavor & Fizz Strength Scale



POUR



STIR



ENJOY!

CAFFEINE FREE · GLUTEN FREE · DAIRY FREE · SOY FREE · ALLERGEN FREE · VEGETARIAN FRIENDLY

Learn more at [Rootd.com](https://www.rootd.com)