

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV**
Vitamin A (100% as Beta Carotene)	4000 I.U.	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Cholecalciferol)	400 I.U.	100%
Vitamin E (dl-alpha Tocopheryl Acetate)	30 I.U.	100%
Thiamin (as Thiamin Mononitrate)	1.8 mg	106%
Riboflavin (B-2)	1.7 mg	85%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCl)	2.6 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12	8 mcg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	156%
Zinc (as Zinc Oxide)	25 mg	167%

** Percent Daily Value (DV) for Pregnant and Lactating Women.

Other Ingredients: Starch, Cellulose, Stearic Acid, Croscarmellose Sodium, Titanium Dioxide, Silicon Dioxide, Magnesium Stearate, Artificial Colors (FD&C Red #40, FD&C Yellow #6, FD&C Blue #2).



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Supplementation with omega-3 fatty acids should be avoided in patients with inherited or acquired bleeding predispositions, including those taking anticoagulants. As with any product containing omega-3 fatty acids, adhere carefully to the amount recommended by your health care practitioner.

KEEP OUT OF REACH OF CHILDREN.

USE ONLY IF INNER SEAL IS NOT BROKEN OR MISSING.

Store in a cool, dry place, tightly closed.



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Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving		% DV
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	>1%
Saturated Fat	0 g	
Polyunsaturated Fat	0.5 g	
DHA (Docosahexaenoic Acid from Algal Oil)	200 mg	**

** Daily Value (DV) not established.

Other Ingredients: Gelatin, Sunflower Oil, Glycerin, Lecithin, Tocopherols, Ascorbyl Palmitate. **Contains a soy ingredient (lecithin).**

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

SUGGESTED USE: As a dietary supplement for pregnant and nursing woman, take one tablet and one softgel daily with a meal. Not intended for children or other adult populations.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children, in case of accidental overdose, call a doctor or poison control center immediately.

Folic Acid may obscure the diagnosis of pernicious anemia. Folate intake should not exceed 1,000 mcg per day.

As with any product containing folic acid, iron or the non-water soluble Vitamins D and E, adhere carefully to the amount recommended by your health care provider.

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Multivitamin + DHA

**Helps Support Healthy Fetal Brain,
Eye & Spinal Column Development***

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**Helps Support Healthy Fetal Brain,
Eye & Spinal Column Development***

For Pregnant & Nursing Mothers



- Contains NO Fish, Mercury & PCB
- Plant-sourced DHA
- Doctors Recommend DHA During Pregnancy & While Nursing

life'sDHA™
HEALTHY BRAIN, EYES, HEART

2 Step:

**60 Tablets
60 Softgels**

Dietary Supplement

prenatal
Multivitamin + DHA

Clinical studies have shown that taking 200mg of DHA during pregnancy and while nursing a child can provide significant support in the healthy development of brain and eye function.* In fact, many doctors specifically recommend that pregnant women and nursing mothers take a multivitamin and consume 200mg of DHA per day to help their baby develop during these important times.* The unique DHA in 21st Century Prenatal Multivitamin + DHA is a patented, ultra-pure and completely fish-free DHA to support your baby's healthy brain and eye development.*

This 2-step multivitamin and DHA supplement program also contains extra folic acid to provide improved support for the proper development of your baby's spinal column.*