

Prenatal Omega Mom®

The nutritional demands placed on a mother during pregnancy are so enormous that supplementation with many nutrients, including Omega 3 Fatty Acids, may be very helpful to both mother and fetus. Prenatal Omega Mom® is formulated with important ingredients, including DHA from fish oil, to support...

- Eye, Brain, and Neurological Health***
- Bone, Cardiovascular and Immune System Health***

***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.

Do not accept if seal is broken. Product No. 4106
Store between 59°-86° F. Keep out of the reach of children.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Artificial flavor, yeast, corn, wheat, gluten, milk, salt, sugar, nut products, or preservatives.

Lot No:

Best by:



Prenatal OMEGA Mom®

**The First Omega 3 Product Specifically
Designed for Prenatal Women
Gluten-Free**

2 SOFTGELS INCLUDE:



Omega 3 Fatty Acids
and Nutrients
Important Before
and During Pregnancy***



Directions: Adults take two (2) softgels per day. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 softgels
Servings Per Container 45

Amount Per Serving	% Daily Value	
Calories 10		
Calories from Fat 10		
Total Fat 1 g		2%*
Polyunsaturated Fat 1 g		**
Vitamin B12 (as cyanocobalamin)	100 mcg	1,666%
Calcium (from 600 mg of tribasic calcium phosphate)	204 mg	20%
Phosphorus (from 600 mg of tribasic calcium phosphate)	114 mg	11%
Docosahexaenoic Acid (DHA) (from fish oil concentrate- (anchovy, sardine, mackerel, herring, salmon, tuna)	400 mg	**
Eicosapentaenoic Acid (EPA) (from fish oil concentrate-(anchovy, sardine, mackerel, herring, salmon, tuna)	100 mg	**
Linoleic Acid (from borage seed oil)	65 mg	**
gamma-Linolenic Acid (GLA) (from borage seed oil)	40 mg	**
Oleic Acid (from borage seed oil)	28 mg	**
Proprietary Blend	24 mg	**
providing:		
Ginger Root Extract (5% gingerols)		**
Peppermint Oil (mentha piperita) (leaf)		**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: [Gelatin, glycerin, purified water, carob color (capsule shell)], soy lecithin, beeswax. Contains soy and fish (anchovy, sardine, mackerel, herring, salmon, tuna).

100% bovine gelatin, BSE-free

Manufactured for Country Life, LLC

180 Vanderbilt Motor Parkway • Hauppauge, NY 11788

CountryLifeVitamins.com

Dietary Supplement

90 Softgels