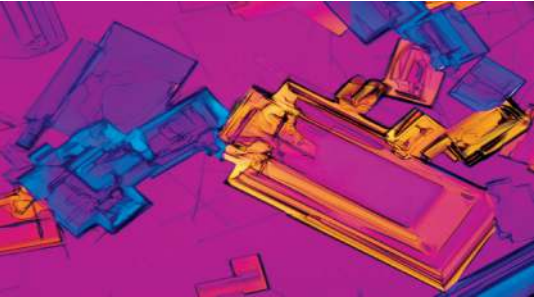


THORNE
RESEARCH



DAILY NUTRIENTS
PRENATAL PACKET
BASIC PRENATAL • DHA OMEGA-3 FROM ALGAE

30 SINGLE-SERVING PACKAGES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: One Package
Servings Per Container: 30 Packages

Each Package Contains:
BASIC PRENATAL — 3 Capsules

Three Capsules Contain:	% DV
Vitamin A (3,000 IU from Mixed Carotenes and 2,000 IU as Palmitate)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	150 mg 250%
Vitamin D (as Vitamin D3)	1,000 IU 250%
Vitamin E (as d-Alpha Tocopheryl)	50 IU 167%
Vitamin K (as Vitamin K1)	100 mcg *
Thiamin (as Thiamin HCl)	4 mg 264%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	3.6 mg 212%
Niacin (as Niacinamide)	30 mg 150%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg 500%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg 250%
Vitamin B12 (100 mcg as Adenosylcobalamin and 100 mcg as Methylcobalamin)	200 mcg 3,334%
Biotin	50 mcg 17%

Three Capsules Contain:	% DV
Pantothenic Acid (as Calcium Pantothenate)	16 mg 160%
Calcium (as Calcium Citrate-Malate)	200 mg 20%
Iron (as Iron Picolinate)	45 mg 250%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Citrate-Malate)	100 mg 25%
Zinc (as Zinc Picolinate)	25 mg 167%
Selenium (as Selenium Picolinate)	50 mcg *
Copper (as Copper Picolinate)	2 mg 100%
Manganese (as Manganese Picolinate)	5 mg *
Chromium (as Chromium Picolinate)	100 mcg *
Molybdenum (as Molybdenum Picolinate)	50 mcg *
Boron (as Boron Picolinate)	1 mg **

*Daily Value (DV) not established for pregnant or lactating women.
**Daily Value (DV) not established.

Other Ingredients for Basic Prenatal: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

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

DHA — 1 Gelcap

One Gelcap Contains:	% DV
Calories	5
Calories from Fat	5
Total Fat	0.5 g 1%*
Saturated Fat	0.5 g 3%*
DHA† (Docosahexaenoic Acid) (from Algae)	250 mg **

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients for DHA: Gelatin (from tilapia), Purified Water and Glycerin (from vegetable source) gelcap, Olive Oil, Ascorbyl Palmitate, Vitamin E (mixed tocopherols).

Contains ingredient derived from fish (tilapia).

†DHA uses Martek Biosciences Corporation's DHA (Neuromins®). Neuromins is a registered trademark of Martek Biosciences Corporation.

Suggested Use: Take 1 Daily Nutrients Prenatal Packet daily or as recommended by your health-care practitioner.
Tamper Evident: Use only if bottle is sealed.
If pregnant, consult your health-care practitioner before using this product.
Store tightly sealed in a cool, dry place.



Manufactured For: Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825 USA
1-800-228-1966 www.thorne.com

