

Prenatal COMPLETE

Nutrition That's Just Right for You and Your Baby

Folate as 100% 5-MTHF

1,000 mcg of Methylfolate, the preferred form, to support healthy nervous system development.[†]

DHA

580 mg of DHA in the superior triglyceride form, vital for your baby's brain and eye development.[†]

Gentle Iron

Safely build iron reserves with Ferrochel[®], known for its prolonged action that's easy on your stomach.[†]

Purity Promise

Formulated to be free of gluten, soy, yeast, milk, eggs, nuts, artificial colors, flavors, sweeteners, preservatives and additives.

SUGGESTED USE: 3 capsules and 1 soft gel capsule per day or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, yeast, artificial colors and flavors. Consult your healthcare practitioner before use. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if box is open or blister seals are damaged.

[†] 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.

Nutritional Confidence for Each Phase of Pregnancy



Preconception

Prepare your body for the nutrient demands of pregnancy.



Prenatal

Total nutritional confidence to support you and your developing baby.



Postnatal

Recover lost nutrients and meet the nutritional demands of your growing baby.



DO NOT ACCEPT IF LABEL SHOWS SIGNS OF TAMPERING

Professional Strength:
Not for sale through Amazon.com



Prenatal COMPLETE

WITH
DHA

20 Essential Prenatal Nutrients
*Pairing the nutritional needs
of mother and baby.*

Dietary Supplement

6 – 15 Capsule and 5 Soft Gel Capsule Packages

Supplement Facts

Serving Size: 3 Capsules and 1 Soft Gel Capsule
Servings Per Container: 30

	Amount Per Serving	% Daily Value for Pregnant or Lactating Women
3 capsules and 1 soft gel capsule contains		
Calories	15	
Calories from Fat	10	
Total Fat	1.5 g	*
Cholesterol	5 mg	*
Vitamin A (as Betalene [®] Natural Mixed Carotenoids)	5,000 IU	63%
Vitamin C (as Ascorbic Acid USP)	250 mg	417%
Vitamin D3 (as Cholecalciferol)	2,000 IU	500%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	5 mg	284%
Riboflavin (Vitamin B2 USP)	5 mg	250%
Niacin USP	25 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	600%
Folate (as Quatrefolic [®] (5S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,000 mcg	125%
Vitamin B12 (as Methylcobalamin)	50 mcg	625%
Biotin	300 mcg	100%
Calcium (as DimaCal [®] Dicalcium Malate)	150 mg	12%
Iron (as Ferrochel [®] Ferrous Bisglycinate Chelate)	30 mg	96%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (as O-Magnesium Malate)	150 mg	33%
Zinc (as TRAACS [®] Zinc Bisglycinate Chelate)	20 mg	133%
Selenium (as Selenium Glycinate Complex)	100 mcg	*
Chromium (as O-polyvinylpyrrolidone)	100 mcg	*
Molybdenum (as TRAACS [®] Molybdenum Glycinate Chelate)	25 mcg	*
DHA (Docosahexaenoic Acid)	580 mg	*
Choline Bitartrate	200 mg	*
EPA (Eicosapentaenoic Acid)	130 mg	*
Mixed Tocopherols	25 mg	*

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Magnesium Silicate, Silicon Dioxide, Highly Refined and Concentrated Omega-3 Fish Oil (anchovy), Capsule Shell (gelatin, glycerin, purified water), Natural Lemon/Lime Flavor, Proprietary Antioxidant Blend consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate.

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.

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Product #120620 Label ID L-CMP100-320030-0

SPOT PLATE

