

List No. 3023
L200
Cat. A826
5A009



Postnatal Multi+DHA

200 mg DHA

JUST
1
PER DAY

SUPPORTS NURSING MOMS
& THEIR BABIES†

DIETARY SUPPLEMENT
140 SOFTGELS

For the
Nutrition
Needs of
Nursing Moms†



†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.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value for Pregnant and Lactating Women
Calories 5	
Cholesterol less than 5 mg	*
Vitamin A (as Beta Carotene) 4329 IU	54%
Vitamin C (as Ascorbic Acid) 120 mg	200%
Vitamin D ₃ (as Cholecalciferol) 2000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate) 28.5 IU	95%
Vitamin K (as Phytonadione) 90 mcg	*
Thiamin (as Thiamine Mononitrate) 1.4 mg	82%
Riboflavin 1.6 mg	80%
Niacin (as Niacinamide) 17 mg	85%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	80%
Folic Acid 500 mcg	63%
Vitamin B ₁₂ (as Cyanocobalamin) 5.8 mcg	73%
Biotin 35 mcg	12%
Pantothenic Acid (as d-Calcium Pantothenate) 7 mg	70%
Calcium (as Calcium Carbonate) 150 mg	12%
Iron (as Ferrous Fumarate) 9 mg	50%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 45 mg	10%
Zinc (as Zinc Oxide) 12 mg	80%
Omega-3 Fatty Acids (from Fish Oil Concentrate)†† 260 mg *	
Omega-3 Docosahexaenoic Acid (DHA)†† 200 mg *	
Omega-3 Eicosapentaenoic Acid (EPA)†† 60 mg *	

*Daily Value not established.

No Color Added • No Artificial Flavors
No Yeast or Starch • Gluten Free

Nature Made Postnatal Plus DHA is specially formulated with higher levels of key nutrients than Nature Made Prenatal Plus DHA to support the nutritional requirements of nursing moms and their babies.†

SUGGESTED USE: For nursing mothers, take one softgel daily, with a meal. For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

CAUTION: If you are taking medication, facing surgery, have bleeding problems or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

WARNING: This product contains iron. 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.

OTHER INGREDIENTS: Gelatin (Porcine), Soy Lecithin, Glycerin, Soybean Oil, Water, Dibasic Calcium Phosphate, Yellow Beeswax, Tocopherols, Resin, Ascorbyl Palmitate.

Contains: Fish (Anchovy, Sardine, Mackerel) and Soy.
Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

Encapsulated and Quality Tested in the U.S.A.
Postnatal Plus DHA softgels are made to Nature Made's guaranteed purity and potency standards.

††As ethyl esters

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Lot:
Exp: