



List No. 4218
L200
Cat. A804
5A008



Prenatal Multi+DHA

**SMALLER
PILL**

**FOR PREGNANT
WOMEN & WOMEN TRYING
TO GET PREGNANT**



**DIETARY SUPPLEMENT
90 SOFTGELS**

**DHA May
Help Support
Fetal Brain
& Eye
Development†**

**CLINICALLY
PROVEN
ABSORPTION†**



**MORE COMPLETE
NUTRITION**

**†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.**

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value for Pregnant and Lactating Women
Calories 5	
Vitamin A (as Beta Carotene) 2567 IU	32%
Vitamin C (as Ascorbic Acid) 85 mg	142%
Vitamin D ₃ (as Cholecalciferol) 1000 IU	250%
Vitamin E (as d-Alpha Tocopheryl Acetate) 22.5 IU	75%
Vitamin K (as Phytonadione) 90 mcg	*
Thiamin (as Thiamine Mononitrate) 1.4 mg	82%
Riboflavin 1.4 mg	70%
Niacin (as Niacinamide) 18 mg	90%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 1.9 mg	76%
Folic Acid 800 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin) 5.2 mcg	65%
Biotin 30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate) 6 mg	60%
Calcium (as Calcium Carbonate) 150 mg	12%
Iron (as Ferrous Fumarate) 27 mg	150%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 45 mg	10%
Zinc (as Zinc Oxide) 11 mg	73%
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 Prenatal Multi + DHA is a prenatal multivitamin that provides key vitamins and minerals for nutritional support before and during pregnancy.[†] This formula is specially designed for pregnant women and women trying to get pregnant.

SUGGESTED USE: 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, Glycerin, Soy Lecithin, 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.

Prenatal Multi with DHA softgels are made to Nature Made's guaranteed purity and potency standards.

††As ethyl esters

† Folic Acid and Iron. Data Available.

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Lot: Exp: