

Our exclusive OB/GYN-developed and recommended formula is made with professional-grade ingredients, which address pregnancy-related symptoms and deliver vital nourishment to mother and baby. **PRENATAL DHA** provides extra confidence to ensure you and your baby are receiving the critical nutrients necessary for proper human development.*

Key Ingredients:

DHA—A polyunsaturated omega 3 fatty acid, which plays an important role in fetal development and may help support optimal infant brain, eye and nervous system development. May improve eye-hand coordination, motor skills and attention span.

Folic Acid as Quatrefolic® is the methylated form of natural folate, which is highly absorbable. Folate helps ensure proper formation of the baby's brain and spinal cord.

Organic Ginger Root—A renowned herb that may help relieve occasional morning sickness, nausea and vomiting. Also may help improve digestion.

GFF Proprietary Probiotic Blend—

Provides beneficial bacteria for regulating and maintaining a healthy gastro-intestinal tract. May help relieve occasional constipation, improves digestion, and boosts immunity of mother and baby.

Multi-Vitamin Complex—A comprehensive blend of high-quality essential vitamins to prepare for and support a healthy pregnancy including iron, iodine, magnesium, zinc, chromium, choline, calcium, B1, B3, B6, B12, A, C, D and E.

Chromium—100% Certified Organic Chromium derived from all natural Moringa leaf extract. Helps to maintain a normal level of glucose. Promotes the building of protein in your baby's growing tissues.

Greens **FIRST**
Female

PRENATAL DHA Plus Probiotics

Professional-Grade Prenatal
Multi-Vitamin with DHA

Developed & Recommended by OB/GYN's

- Prepare
- Nourish
- Protect
- Digestion
- Immunity
- Anti-Nausea



This product is suitable for
vegans and vegetarians.

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

Amount per Serving	% Daily Value
For Pregnant & Lactating Women	
Vitamin A (as Natural Beta Carotene) CaroCare® 1500 mcg	115%
Vitamin C (from Organic Acerola Fruit Extract)	60 mg 50%
Vitamin D (as Cholecalciferol)	35 mcg 233%
Vitamin E (as Mixed Tocopherols)	20.1 mg 106%
Thiamine (as Thiamine HCl)	3 mg 214%
Niacin (as Niacinamide)	20 mg 111%
Vitamin B6 (as Pyridoxine HCl)	25 mg 1,250%
Folate (as [6S]-5-Methyltetrahydrofolic Acid Glucosamine Salt) Quatrefolic® 1.6 mg	864 mcg 144%
Vitamin B12 (as Methylcobalamin)	8 mcg 286%
Choline (as Choline Bitartrate)	15 mg 3%
Calcium (as Calcium Carbonate)	300 mg 23%
Iron (as Ferrous Fumarate)	30 mg 111%
Iodine (as Potassium Iodide)	150 mcg 52%
Magnesium (as Magnesium Citrate)	50 mg 13%
Zinc (as Zinc Picolinate)	10 mg 77%
Organic Chromium (from Orgen-Cm®)	35 mcg 78%
Esolv® Omega H2O® DHA (Docosahexaenoic Acid) Powder	250 mg †
Organic Ginger Root Powder	25 mg †
Probiotic Blend Complex (2 Billion CFU), 12 mg †	†
Lactobacillus acidophilus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium infantis, Lactobacillus reuteri	
† Daily Value not established	

Other Ingredients: Hypromellose (vegetarian capsules), Microcrystalline Cellulose, Magnesium Stearate.

Before taking this supplement, tell your healthcare provider if you are allergic to iodine or potassium iodine.

Directions for Use: Take three (3) capsules, one time per day, with a meal.

Chromium from Orgen-Cm®, a registered trademark of Organetics, Inc. Quatrefolic® is a registered trademark of Gnosis S.p.A, US Patent # 7,947,662 Esolv® OmegaH2O® is a registered trademark of Virun. CaroCare® is a trademark of DSM.



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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Dietary Supplement Contains 90 Vegetable Capsules

PRENATAL DHA contains highest quality, professional-grade ingredients manufactured in an FDA-approved cGMP facility and independently-tested for potency and purity.