

Supplement Facts

Serving Size: One (1) Prenatal Multivitamin Tablet Servings Per Container: 30

Amount Per Serving	% DV For Pregnant & Lactating Women
Vitamin A (60% as beta carotene and 40% as acetate)	1800 mcg 138%
Vitamin C (as Ascorbic Acid)	60 mg 50%
Vitamin E (as Cholecalciferol)	20 mcg 133%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20.1 mg 106%
Thiamin (as thiamine mononitrate)	1.7 mg 121%
Riboflavin	2.5 mg 125%
Niacin (as niacinamide)	20 mg 111%
Vitamin B6 (pyridoxine hydrochloride)	2.5 mg 125%
Folate	1333 mcg DFE (800 mcg Folic Acid) 222%
Vitamin B12 (as cyanocobalamin)	12 mcg 420%
Biotin	330 mcg 943%
Pantothenic Acid (as d-calcium pantothenate)	12 mg 171%
Calcium (as calcium carbonate and dicalcium phosphate)	300 mg 20%
Iron (as carbonyl iron)	33 mg 122%
Phosphorus (as dicalcium phosphate)	115 mg 9%
Iodine (as potassium iodide)	150 mcg 52%
Magnesium (as magnesium oxide)	60 mg 15%
Zinc (as zinc oxide)	20 mg 154%
Copper (as copper sulfate)	2.5 mg 154%
Chromium (as chromium dimethylglycinate)	30 mcg 67%

† Daily Value not established.
Other ingredients: microcrystalline cellulose, croscarmellose sodium, coating (hydroxypropyl methylcellulose, medium chain triglycerides, ruling) beet powder (color), stearic acid, magnesium stearate, hydroxypropyl cellulose, silicon dioxide, povidone.

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.

Supplement Facts

Serving Size: One (1) DHA Softgel Servings Per Container: 30

Amount Per Serving	% DV For Pregnant & Lactating Women
Calories	10
Total fat	1 g 1%
DHA (docosahexaenoic acid from algal oil)	350 mg †

† Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients: algal oil (which contains high oleic sunflower oil, sunflower lecithin, rosemary extract, antioxidants (tocopherols and ascorbyl palmitate), gelatin, glycerin, purified water and colors (carmine, carmine, titanium dioxide).
Distributed by **Life'sDHA, Inc.** 50 Seabrook Drive, Cromwell, CT 06416

Directions: Take one multivitamin and one DHA softgel per day.

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powered by **life'sDHA**

- DHA helps support healthy fetal brain and eye development during pregnancy and throughout breast feeding.*
- Plant sourced Omega 3 DHA contains no ocean-borne contaminants.
- Folic acid reduces the risk of brain and spinal cord birth defects.*
- Contains vitamins and minerals to support mom's health throughout pregnancy and breast feeding.*

life'sDHA[®] is from a vegetarian source of DHA, not fish. You get the benefits of DHA without the worry of ocean-borne pollutants and toxins potentially found in certain fish. From start to finish, life'sDHA[®] is produced in an FDA-inspected facility with controls in place to ensure the highest quality product.

Keep out of reach of children.

As with any dietary supplement, please inform your healthcare professional before use.

Tamper evident: Tablets and softgels are sealed in blisters. Do not use if blister foil or seal is open or damaged.

Store at room temperature. Do not expose to excessive heat, humidity or direct sunlight.

For questions, concerns, or to report an adverse event, please call (800) 722-3476.
www.brainstrongdha.com

Made in the USA with US and imported materials.
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*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.

COMPLETE MULTIVITAMIN & DHA SUPPLEMENT

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PRENATAL

Supports brain & eye development for your baby.

Supports a healthy pregnancy*

Contains 800 mcg of folic acid and 350 mg of DHA



30 350mg DHA Softgels
30 Multivitamin Tablets

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COMPLETE MULTIVITAMIN & DHA SUPPLEMENT

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