

Dietary Supplement

Carlson

PreNatal Multiple with DHA

from Fish Oil

120 Easy-to-Swallow Soft Gels

Not for Sale in California

4405 - 2b

For the Special Needs of Pregnant & Lactating Women

DHA - An Omega-3 to support brain development*

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 60

	Amount Per 2 Soft Gels	% DV for Pregnant Women
Vitamin A (3000 IU as palmitate & 5000 IU as beta carotene)	8000 IU	100%
Vitamin C (from calcium ascorbate)	300 mg	500%
Vitamin D ₃ (as cholecalciferol)	1600 IU	400%
Vitamin E (as d-alpha tocopherol from soy)	150 IU	500%
Vitamin K ₁ (as phyloquinone)	200 mcg	*
Thiamin (Vitamin B-1) (from thiamin HCl)	6.8 mg	400%
Riboflavin (Vitamin B-2)	8 mg	400%
Niacin (as niacinamide)	80 mg	400%
Vitamin B-6 (as pyridoxine HCl)	10 mg	400%
Folate (folic acid)	800 mcg	100%
Vitamin B-12 (as cyanocobalamin)	32 mcg	400%
Biotin	300 mcg	100%
Pantothenic Acid (from d-calcium pantothenate)	40 mg	400%
Calcium (from calcium carbonate & calcium ascorbate)	100 mg	8%
Iron (from iron glycinate chelate)	27 mg	150%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	22%
Zinc (from zinc gluconate)	15 mg	100%
Selenium (from selenomethionine)	70 mcg	*
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese gluconate)	2 mg	*
Chromium (from chromium nicotinate)	120 mcg	*
Fish Oil Concentrate	1000 mg	*
DHA (Docosahexaenoic Acid)**	490 mg	*
EPA (Eicosapentaenoic Acid)**	60 mg	*

* Daily Value (DV) not established.

**Reported as triglycerides.

Other Ingredients: Beeswax, lecithin (soybeans), soybean oil, Soft Gel Shell: Beef gelatin, glycerin, water, carob.

Contains soy and fish (anchovy, sardine, tuna).

Directions for Pregnant Women: Take two soft gels daily, **AT MEALTIME**. Keep bottle tightly closed. Store away from heat and moisture.

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.

CAUTION: Vitamin K can antagonize the effect of anticoagulants, including Warfarin. Do not take this product if you are taking Warfarin without first consulting with your physician.

Preservative-free. Salt-free. Wheat-free. Milk-free. Gluten-free. Yeast-free.

POTENCY AND QUALITY GUARANTEED

Distributed by Carlson Division of
J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004-1985
888-234-5656 • www.carsonlabs.com
• An F.D.A. Regulated Facility •

