

CODE 214512  
All products may be taken together at one time or spread throughout the day.

**Prenatal Formula**  
**DIRECTIONS:** As a dietary supplement, take two caplets daily with food.

## Supplement Facts

Serving Size Two Caplets  
Servings Per Container 30

| Amount Per Serving                            |                                       | % Daily Value‡ |
|-----------------------------------------------|---------------------------------------|----------------|
| Vitamin A (as beta-Carotene)                  | 1350 mcg                              | 104%           |
| Vitamin C (as Ascorbic Acid)                  | 120 mg                                | 100%           |
| Vitamin D (as Cholecalciferol D-3)            | 10 mcg                                | 67%            |
| Vitamin E (as d-alpha Tocopheryl Succinate)   | 24.79 mg                              | 130%           |
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate) | 1.4 mg                                | 100%           |
| Riboflavin (Vitamin B-2)                      | 1.6 mg                                | 100%           |
| Niacin (as Niacinamide)                       | 18 mg                                 | 100%           |
| Vitamin B-6 (as Pyridoxine Hydrochloride)     | 10 mg                                 | 500%           |
| Folate                                        | 1667 mcg DFE<br>(1000 mcg Folic Acid) | 278%           |
| Vitamin B-12 (as Cyanocobalamin)              | 8 mcg                                 | 286%           |
| Biotin                                        | 35 mcg                                | 100%           |
| Pantothenic Acid (as Calcium d-Pantothenate)  | 7 mg                                  | 100%           |
| Choline (as Choline Bitartrate)               | 0.55 mg                               | <1%            |
| Calcium (as Calcium Carbonate)                | 600 mg                                | 46%            |
| Iron (as Ferrous Fumarate)                    | 18 mg                                 | 67%            |
| Iodine (as Potassium Iodide)                  | 290 mcg                               | 100%           |
| Magnesium (as Magnesium Oxide)                | 200 mg                                | 50%            |
| Zinc (as Zinc Oxide)                          | 15 mg                                 | 115%           |
| Selenium (as Selenium Yeast)                  | 70 mcg                                | 100%           |
| Copper (as Copper Gluconate)                  | 1.3 mg                                | 100%           |
| Manganese (as Manganese Sulfate)              | 2.6 mg                                | 100%           |
| Molybdenum (as Sodium Molybdate)              | 50 mcg                                | 100%           |
| Boron (as Boron Citrate)                      | 150 mcg                               | *              |

‡ Daily Value for pregnant or lactating women.  
\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Hydroxypropylcellulose, Stearic Acid, Corn Starch, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Magnesium Stearate Vegetable Source, Calcium Silicate, Silicon Dioxide, Talc.

**CONTAINS: Wheat and Soybeans.**

Folate intake should not exceed 278% of the DV, 1667 mcg DFE (1000 mcg).  
Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

**Calcium 600**  
**DIRECTIONS:** As a dietary supplement, take one caplet daily with food.

## Supplement Facts

| Serving Size One Caplet                        |                |
|------------------------------------------------|----------------|
| Amount Per Serving                             | % Daily Value‡ |
| Calcium (as Calcium Carbonate)                 | 600 mg 46%     |
| ‡ Daily Value for pregnant or lactating women. |                |

**OTHER INGREDIENTS:** Gum Arabic, Maltodextrin, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Povidone, Croscarmellose Sodium, Sodium Starch Glycolate, Titanium Dioxide (Mineral Whitener), Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Carnauba Wax, Silicon Dioxide.

All mineral amounts shown are elemental.  
Potency verified by GNC procedure #4000.  
Conforms to USP <2091> for weight.

**Algae-Based DHA 200**  
**DIRECTIONS:** As a dietary supplement, take one softgel capsule daily.

## Supplement Facts

| Serving Size One Softgel Capsule                     |         |
|------------------------------------------------------|---------|
| Amount Per Serving                                   |         |
| DHA (Docosahexaenoic Acid)(as Marine Microalgae Oil) | 200 mg* |
| * Daily Value not established.                       |         |

**OTHER INGREDIENTS:** Gelatin, Glycerin, Caramel Color, dl-alpha Tocopheryl Acetate, Ascorbyl Palmitate, Rosemary Leaf Extract (*Rosmarinus officinalis*).

Potency verified by GNC procedure #5123.  
Conforms to USP <2091> for weight.  
Meets USP <2040> disintegration.

**HTG**  
**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

**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.

No Artificial Flavors, No Dairy.

**KEEP OUT OF REACH OF CHILDREN.**  
**Store in a cool, dry place.**

**For More Information:**  
**1-888-462-2548**

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# WOMEN'S Prenatal Program

Dietary Supplement

## NUTRITIONAL INSURANCE FOR MOM & BABY

- 1000 mcg of folic acid for fetal development\*\*
- DHA for brain & eye development\*
- Calcium to support bone health\*
- Iron to support increased blood volume\*
- Antioxidants to protect against free radicals\*

Prenatal Formula - 60 Caplets  
Calcium 600 - 30 Caplets  
Algae-Based DHA 200 - 30 Softgels  
**30-DAY PROGRAM**

*\*Per 2 Prenatal  
Formula caplets*



## WOMEN'S Prenatal Program



Nutritional support for you and your baby before, during and after pregnancy. This program features a balanced nutritional blend of vitamins, minerals and antioxidants to supplement a healthy diet.

- ✔ **Folic Acid**  
Provides 1000 mcg of folic acid, which is critical during the earliest weeks of pregnancy when a baby's organs are forming. Adequate intake of folic acid in a healthy diet before and during early pregnancy may reduce the risk of birth defects of the brain and spinal cord. Also required for cell growth and DNA formation.\*
- ✔ **Algae-Based DHA**  
Features DHA from marine algae. Supplementing with DHA, an omega-3 fatty acid, helps pregnant and nursing mothers replenish the DHA necessary for a baby's healthy brain and eye function development.\*
- ✔ **Calcium**  
1200 mg of calcium, which is vital during pregnancy, especially during the third trimester when fetal bones begin to calcify. If a mother's calcium level drops, her body can pull calcium from her bones, which can result in loss of bone density.\*
- ✔ **Iron**  
Contains 18 mg of iron. Iron plays a crucial role in the formation of healthy red blood cells, which are essential to support placental and fetal needs as a mother's blood volume increases.\*
- ✔ **Antioxidants**  
Has antioxidants for protection against harmful free radicals that can destroy healthy cells.\*

\* 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.