



Directions

Mix one packet per day with at least 12 oz of water when an energy boost is desired. Stir or blend well to completely dissolve.

Use before, during and after pregnancy



Natural energy that's caffeine and stimulant-free.*



B Vitamins to boost energy. May also help with morning sickness.*



Omega-3 to boost mood and cognition*

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

PREMAMA

28 DAY

Energy Boost

Watermelon Drink Mix

PREGNANCY
SAFE
FORMULA

MULTIVITAMIN SUPPLEMENT
GLUTEN FREE • VEGETARIAN • NON-GMO
NET WT 4.9 OZ (140g)

Supplement Facts

Serving Size: 1 Packet (5g)

Servings Per Container: 28

Amount Per Serving		% Daily Value for Pregnant & Lactating Women
Calories	15	
Total Carbohydrate	5g	2%*
Total Sugars	1g	†
Includes 1g Added Sugars		2%*
Vitamin C	8mg	7%
Thiamin (as thiamin mononitrate)	1mg	71%
Riboflavin	1mg	63%
Niacin (as niacinamide)	7mg	39%
Vitamin B6 (as pyridoxine hydrochloride)	2mg	100%
Vitamin B12 (as cyanocobalamin)	1.3mcg	46%
Phosphorus	30mg	2%
Potassium (as dipotassium phosphate)	70mg	1%
Omega-3 Fatty Acids (life'sDHA™)	30mg	†
Isomaltoligosaccharides (VitalBee™ IMO)	2g	†

*Percent Daily Values are based on a 2,000 calorie diet
† Daily Value Not Established

Other Ingredients: Sugar, Citric Acid, Natural Flavors, Stevia (Leaf) Extract, Beet Powder (Color)

As with any supplement, if you are pregnant, breastfeeding or taking medication, consult your doctor before use. Store at room temperature. Avoid excessive heat.

KEEP OUT OF REACH OF CHILDREN.
Do not use this product if safety seal on flap is torn or missing.