



Directions

Mix one packet per day with at least 12 oz of water or any non-carbonated beverage. Stir or blend well to completely dissolve.

Use before, during and after pregnancy



Plant-based Omega-3, DHA and Choline to support fetal brain development.*



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



Ferrochel® Gentle Iron to help minimize iron-induced constipation.*



Contains Folate, the necessary ingredient in prenatal vitamins for early fetal development.*

drinkpremama.com

Premama Prenatal Drink Mix with DHA is a comprehensive prenatal vitamin and replaces the traditional pill.

*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.

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28 DAY

Prenatal Drink Mix

with DHA

Citrus Flavored Multivitamin Supplement

STAGE 3

Carry

GLUTEN FREE • VEGETARIAN • NON-GMO

NET WT 3.7 OZ (106g)

Supplement Facts

Serving Size: 1 Packet (3.6g)

Servings Per Container: 28

Amount Per Serving		% Daily Value for Pregnant & Lactating Women
Calories	5	
Total Carbohydrate	1.5g	1%
Vitamin C (as ascorbic acid, USP-FCC)	30mg	25%
Vitamin D (as Vitamin D2)	22.5 mcg (900 IU)	150%
Riboflavin (USP-FCC)	1.7g	106%
Vitamin B6 (as pyridoxine hydrochloride, USP-FCC)	30mg	1500%
Folate	1143mcg DFE (800mcg Folic Acid)	199%
Vitamin B12 (as cyanocobalamin, USP)	6mcg	214%
Biotin (USP)	300mcg	857%
Choline (as choline bitartrate, USP-FCC)	25mg	5%
Calcium (as calcium lactate, USP-FCC and dicalcium phosphate, FCC)	100mg	8%
Iron (as ferrous pyrophosphate encaps)	8mg	33%
Magnesium (as magnesium citrate, USP)	60mg	15%
Zinc (as zinc citrate, USP)	7.5mg	58%
Copper (as copper gluconate, USP)	2mg	154%
Omega-3 Fatty Acid Blend	200mg	†
DHA (docosahexaenoic acid) (as algal oil)	20mg	†

*Percent Daily Values are based on a 2,000 calorie diet

† Daily Value Not Established

Other Ingredients: Natural Flavors, Citric Acid, Stevia Extract, Talin

CONTAINS TRACES OF MILK AND SOY

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.