

Other ingredients: sunflower oil, modified starch, carrageenan, glycerin, sorbitol, candellila wax, purified water, sunflower lecithin, annatto color, natural flavor

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.

GLUTEN FREE. No yeast-derived ingredients or wheat.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store at room temperature. Keep bottle tightly closed.

Aquamin® is a registered trademark of Marigot Limited.

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

◆ LN11209.B01 BLK90308

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Questions? 1-800-NATURE / feelalive.com

Vegetarian Formula

Nature's Way

Alive!

Complete
**Prenatal
MULTI-VITAMIN**

with 200 mcg
Plant DHA
per serving

60 VEGETARIAN SOFTGELS • Dietary Supplement

Recommendation: For women that are pregnant, nursing, or trying to conceive, take 2 softgels daily, preferably with food. Do not chew. If you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount per Serving	% DV
Calories	15
Total Fat	1 g 1%†
Total Carbohydrate	<1 g <1%†
Vitamin A (as 50% beta carotene [650 mcg], 50% as retinyl palmitate [650 mcg])	1,300 mcg 100%
Vitamin C (as calcium ascorbate)	120 mg 100%
Vitamin D3 (as cholecalciferol)	22.5 mcg 150%
Vitamin E (as d-alpha tocopherol)	19 mg 100%
Vitamin K (as phytonadione)	180 mcg 200%
Thiamin (as thiamin mononitrate)	2.8 mg 200%
Riboflavin	3.2 mg 200%
Niacin (as niacinamide)	18 mg 100%
Vitamin B6 (as pyridoxine HCl)	4 mg 200%
Folate (628 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	600 mcg DFE 100%
Vitamin B12 (as methylcobalamin)	5.6 mcg 200%
Biotin	35 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7 mg 100%

Amount per Serving	% DV
Choline (as choline bitartrate)	11 mg 2%
Calcium (as Aquamin® calcified mineral source red algae Lithothamnion sp. [whole plant], calcium ascorbate)	200 mg 15%
Iron (as ferrous fumarate)	42 mg 156%
Iodine (as potassium iodide)	290 mcg 100%
Magnesium (as Aquamin® calcified mineral source red algae Lithothamnion sp. [whole plant], magnesium oxide)	88 mg 22%
Zinc (as zinc glycinate)	13 mg 100%
Selenium (as L-selenomethionine)	140 mcg 200%
Copper (as copper bisglycinate)	1.3 mg 100%
Sodium	15 mg 1%
DHA (Docosahexaenoic acid from algal (Schizochytrium sp.) oil)	200 mg **
Orchard Fruits® & Garden Veggies® Powder Blend: Spinach, Pea, Cabbage, Cauliflower, Asparagus, Broccoli, Brussels Sprout, Cucumber, Apple, Tomato, Acai, Cherry, Grape, Raspberry, Plum, Beet, Carrot, Banana, Blueberry, Pineapple, Strawberry, Cranberry	100 mg **
Inositol	10 mg **

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



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life'sDHA

life'sDHA® is a trademark of DSM.



Smarter Prenatal with Plant Source DHA

- **DHA not from fish oil and does not contain harmful mercury levels**
- **Berry flavored softgels for pleasant experience**
- **Orchard Fruits® / Garden Veggies® powder blend (100 mg per serving)**

Premium Prenatal for Mom & Developing Baby*

- **Vegetarian formula delivers a complete multi-vitamin**
- **100%+ daily value of 18 vitamins and minerals**
- **Folate & plant source DHA for healthy eye and brain development***

Now with Premium B-Vitamins

- **Featuring the active form of B12**
- **Contains Quatrefolic® L-Methylfolate, the active form of folate**

Take during pregnancy, nursing and while trying to conceive



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

*Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

NOW WITH METHYLATED FOLATE & B12

Nature's Way

Orchard Fruits® & Garden Veggies® powder blend (100 mg per serving)

Alive!

Complete
**Prenatal
MULTI-VITAMIN**



with 200 mcg
Plant DHA
per serving

**100% Daily Value
18 Vitamins & Minerals**
Vegetarian Formula with High Potency Folate & Iron

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