

*Specially formulated multi-vitamin with folate and DHA*

- Supports pregnant and nursing mothers
- Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect
- Supports healthy eye and brain development\*

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

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

**Keep out of reach of children.** Safety sealed with printed inner seal. Do not use if seal is broken or missing.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

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# Completia®

## PRENATAL Multi-Vitamin



**Daily Support  
for Pregnant/Nursing Women  
with DHA & Folate**

**22.5 mg Iron  
per serving**

**240 TABLETS** DIETARY SUPPLEMENT

**Recommendation:** For women that are pregnant, nursing, or trying to conceive, take 2 tablets twice daily, preferably with food. If you are taking any medications, consult a healthcare professional before use.

**Supplement Facts**

Serving Size 2 Tablets / Servings per Container 120

Amount per Serving	% DV
Calories	5
Total Carbohydrate	2 g 1%†
Vitamin A (as beta carotene)	1,200 mcg 92%
Vitamin C (as calcium ascorbate)	60 mg 50%
Vitamin D3 (as cholecalciferol)	5 mcg 33%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg 53%
Vitamin K (as phytonadione)	45 mcg 50%
Thiamin (as thiamin mononitrate)	0.85 mg 61%
Riboflavin	1 mg 63%
Niacin (as niacinamide)	10 mg 56%
Vitamin B6 (as pyridoxine HCl)	1.25 mg 63%
Folate	300 mcg DFE 50% (180 mcg Folic Acid)
Vitamin B12 (as cyanocobalamin)	4 mcg 143%
Biotin	150 mcg 429%
Pantothenic Acid (as D-calcium pantothenate)	5 mg 71%

Amount per Serving	% DV
Choline (as choline bitartrate)	2 mg <1%
Calcium (as calcium carbonate, calcium citrate, calcium ascorbate)	362 mg 28%
Iron (as iron gluconate)	22.5 mg 83%
Iodine (from kelp)	75 mcg 26%
Magnesium (as magnesium citrate, magnesium oxide)	150 mg 38%
Zinc (as zinc bisglycinate chelate)	7.5 mg 58%
Selenium (as L-selenomethionine)	12.5 mcg 18%
Copper (as copper bisglycinate chelate)	1 mg 77%
Manganese (as manganese bisglycinate chelate)	1 mg 38%
Sodium	10 mg <1%
Potassium (as potassium citrate)	25 mg <1%
DHA (docosahexaenoic acid)	25 mg **
Raspberry (leaf)	25 mg **
Inositol	5 mg **

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

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, silica, magnesium stearate, glycerin

Contains fish (tuna).

**GLUTEN FREE.** No yeast-derived ingredients, wheat, or dairy products.