

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.

**FREE FROM** GLUTEN, YEAST-DERIVED INGREDIENTS, OR WHEAT.

**Keep out of reach of children.** Safety sealed with printed inner seal beneath child-resistant bottle cap. 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.



◆ LG11209.C01 BLK9030C

††Trademark of its respective company.

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HIGH  
POTENCY  
FOLATE  
& IRON

Nature's  
Way

VEGETARIAN  
FORMULA

**Alive!**

COMPLETE

**PREMIUM  
PRENATAL**

MULTIVITAMIN

with 200 mcg  
PLANT DHA  
per serving

60 VEGETARIAN SOFTGELS • DIETARY SUPPLEMENT

**Recommendation:** For women that are pregnant, nursing, or trying to conceive, swallow 2 softgels daily, preferably with food. Do not chew. **Warning:** Do not take this product if you have known hypersensitivity to iodine or hyperthyroidism. If you have a bleeding disorder, are taking Coumadin®†† (warfarin) or any other medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

| Amount per Serving                                                             | % DV             | Amount per Serving                                                                                                                                                                                                                                                                                  | % DV             |
|--------------------------------------------------------------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Calories                                                                       | 15               | Choline (as choline bitartrate)                                                                                                                                                                                                                                                                     | 11 mg 2%         |
| Total Fat                                                                      | 1 g 1%†          | Calcium (as Aquamin® calcified mineral source red algae <i>Lithothamnion</i> sp. [whole plant], calcium ascorbate)                                                                                                                                                                                  | 200 mg 15%       |
| Saturated Fat                                                                  | 0 g 0%†          | Iron (as ferrous fumarate)                                                                                                                                                                                                                                                                          | 42 mg 156%       |
| Trans Fat                                                                      | 0 g **           | Iodine (as potassium iodide)                                                                                                                                                                                                                                                                        | 290 mcg 100%     |
| Total Carbohydrate                                                             | <1 g <1%†        | Magnesium (as Aquamin® calcified mineral source red algae <i>Lithothamnion</i> sp. [whole plant], magnesium oxide)                                                                                                                                                                                  | 88 mg 22%        |
| Vitamin A (as 50% beta carotene [650 mcg], 50% as retinyl palmitate [650 mcg]) | 1,300 mcg 100%   | Zinc (as zinc glycinate)                                                                                                                                                                                                                                                                            | 13 mg 100%       |
| Vitamin C (as calcium ascorbate)                                               | 120 mg 100%      | Selenium (as L-selenomethionine)                                                                                                                                                                                                                                                                    | 140 mcg 200%     |
| Vitamin D3 (as cholecalciferol)                                                | 22.5 mcg 150%    | Copper (as copper bisglycinate)                                                                                                                                                                                                                                                                     | 1.3 mg 100%      |
| Vitamin E (as D-alpha tocopherol)                                              | 19 mg 100%       | Sodium                                                                                                                                                                                                                                                                                              | 15 mg 1%         |
| Vitamin K (as phytonadione)                                                    | 90 mcg 100%      | DHA (Docosahexaenoic acid from algal [ <i>Schizochytrium</i> sp.] oil)                                                                                                                                                                                                                              | 200 mg **        |
| Thiamin (as thiamin mononitrate)                                               | 2.8 mg 200%      | Orchard Fruits™ & Garden Veggies™ Powder Blend†† (as 50% beta carotene, 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 **        |
| Riboflavin                                                                     | 3.2 mg 200%      | Niacin (as niacinamide)                                                                                                                                                                                                                                                                             | 18 mg 100%       |
| Niacin (as niacinamide)                                                        | 18 mg 100%       | Vitamin B6 (as pyridoxine HCl)                                                                                                                                                                                                                                                                      | 4 mg 200%        |
| Vitamin B6 (as pyridoxine HCl)                                                 | 4 mg 200%        | Folate                                                                                                                                                                                                                                                                                              | 600 mcg DFE 100% |
| Folate                                                                         | 600 mcg DFE 100% | (628 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)                                                                                                                                                                                                                         | 200 mg **        |
| Biotin                                                                         | 35 mcg 100%      | Vitamin B12 (as methylcobalamin)                                                                                                                                                                                                                                                                    | 5.6 mcg 200%     |
| Pantothenic Acid (as D-calcium pantothenate)                                   | 7 mg 100%        |                                                                                                                                                                                                                                                                                                     |                  |

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



LG11209.C01 BLK9030C

| Amount per Serving                                                                                                                                                                                                                                                                                  | % DV         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 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 [ <i>Schizochytrium</i> sp.] oil)                                                                                                                                                                                                                              | 200 mg **    |
| Orchard Fruits™ & Garden Veggies™ Powder Blend†† (as 50% beta carotene, 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 **     |

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DESIGNED FOR  
mom &  
developing  
baby\*

PREMIUM PRENATAL WITH  
PLANT SOURCE DHA

DHA not from fish oil and does not  
contain harmful mercury levels

Berry flavored softgels for a pleasant experience

Vegetarian formula delivers a  
complete multivitamin

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

\*Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.  
†THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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MULTIVITAMIN

with 200 mcg  
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Orchard Fruits™/ Garden Veggies™  
Powder Blend (100 mg per serving)

18 VITAMINS & MINERALS  
100%+ DAILY VALUE

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