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product info

L02319C

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take four (4) softgels daily in divided doses with meals, or as recommended by a healthcare practitioner.

CAUTION: Individuals consuming more than 50 mcg (2,000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. If you are taking Warfarin (Coumadin®) or related medications, consult your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

WARNINGS:

- **KEEP OUT OF REACH OF CHILDREN.**
- **DO NOT EXCEED RECOMMENDED DOSE.**
- **Do not purchase if outer seal is broken or damaged.**
- **When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.**

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LIFE EXTENSION®



Prenatal Advantage

Nutrients for Moms
& Developing Infants



GLUTEN FREE



Complete Multivitamin Choline ♥ Folic Acid ♥ DHA

120 EASY-TO-SWALLOW
SOFTGELS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 4 Softgels • Servings Per Container 30

Amount Per Serving

% Daily Values for Pregnant and Lactating Women

Vitamin A (as beta-carotene) (4,333 IU)	1300 mcg*	100%
Vitamin C (as ascorbic acid, calcium and niacinamide ascorbates)	120 mg	100%
Vitamin D3 (as cholecalciferol) (1,000 IU)	25 mcg	167%
Vitamin E (as D-alpha tocopherol succinate)	15 mg	79%
Vitamin K (as phytonadione, menaquinone-4, trans-menaquinone-7)	90 mcg	100%
Thiamine (Vitamin B1) (as thiamine HCl)	1.4 mg	100%
Riboflavin (Vitamin B2) (as riboflavin 5'-phosphate)	1.6 mg	100%
Niacin (as niacinamide, niacinamide ascorbate)	18 mg*	100%
Vitamin B6 (as pyridoxal 5'-phosphate)	2 mg	100%
Folate (as folic acid, Metafolin® L-5-methyltetrahydrofolate calcium salt)	1020 mcg*	170%
Vitamin B12 (as methylcobalamin)	8 mcg	286%
Biotin	35 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	7 mg	100%
Iron (as ferrous fumarate)	27 mg	100%
Iodine (as potassium iodide)	290 mcg	100%
Zinc (as L-OptiZinc® zinc mono-L-methionine sulfate, zinc citrate)	13 mg	100%
Selenium (as SelenoExcel® high selenium yeast, sodium selenite)	70 mcg	100%
Copper (as copper bisglycinate chelate) (TRAACS®)	1.3 mg	100%
Manganese (as manganese gluconate, citrate)	2.6 mg	100%
Chromium (as chromium nicotinate glycinate)	45 mcg	100%
Molybdenum (as molybdenum glycinate)	50 mcg	100%
Choline (as choline bitartrate)	275 mg	50%
Potassium (as potassium chloride)	99 mg	2%
DHA (from algae oil <i>Schizochytrium</i> sp.)	200 mg	**
Marigold extract (<i>Tagetes erecta</i>) (flower) (providing 3.5 mg lutein, 700 mcg zeaxanthin)	17.5 mg	**

**Daily Value not established. *RAE (retinol activity equivalents).

*DVE (dietary folate equivalents). *NE (niacin equivalents).

Other ingredients: sunflower oil, gelatin, glycerin, purified water, beeswax, sunflower lecithin, annatto color, silica.

Manufactured for: Quality Supplements and Vitamins, Inc.

FL Lauderdale, FL 33309 • LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

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.