

SUGGESTED USAGE: As a dietary supplement for pregnant or lactating women, take 3 softgels daily with food.

HOW IT WORKS: Optimal nutrition is integral to a healthy pregnancy. Nutritional needs for vitamins and minerals increase during this time. Protocol For Life Balance® Prenatal Softgels with DHA offer a balanced blend of vitamins, minerals, and DHA specifically formulated for women during pregnancy and/or lactation.* DHA is an essential fatty acid known to be critical during pregnancy and post-natal for the optimal development of your infant's eyes and brain.* Current research indicates an optimal average daily intake of at least 200 mg of DHA.*

CAUTIONS/INTERACTIONS: For adults only. For more information on this product go to www.protocolforlife.com/P3809

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.

*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.

PROTOCOL
FOR LIFE BALANCE®

Pre-Natal Multivitamin with DHA

• 250 mg DHA per serving to Support
Healthy Eye & Brain Development*

• Plus Borage Oil (GLA)

90 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	%Daily Value*
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	↑
Vitamin A (100% as Beta-Carotene)	5,000 IU	63%
Vitamin C (from Calcium Ascorbate)	120 mg	200%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Acetate)	100 IU	333%
Vitamin K (as Menadiolone K2 and Phytanadione K1)	35 mcg	↑
Thiamin (Vitamin B-1) (from Thiamin HCl)	5 mg	294%
Riboflavin (Vitamin B-2)	5 mg	250%
Niacin (Vitamin B-3) (as Niacinamide)	13 mg	65%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	400%
Folate (as Folic Acid)	800 mcg	100%
Vitamin B-12 (as Methylcobalamin)	500 mcg	6250%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	20 mg	200%
Calcium (from Calcium Carbonate (Aquamin® Red Algae Sea Minerals), Calcium Citrate and Calcium Ascorbate)	400 mg	31%
Iron (from Ferrochel® Ferrous Bisglycinate) (TRAACS®)	27 mg	150%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide, Aquamin® Red Algae Sea Minerals and Magnesium Citrate)	200 mg	44%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from Selenium Amino Acid Complex) (TRAACS®)	70 mcg	↑

Copper (from Copper Bisglycinate) (TRAACS®)	2 mg	100%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	↑
Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	↑
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	↑
Potassium (from Potassium Chloride)	25 mg	↑
Fish Oil Concentrate	650 mg	↑
DHA (Docosahexaenoic Acid)	250 mg	↑
EPA (Eicosapentaenoic Acid)	90 mg	↑
Borage Oil (Seed)	125 mg	↑
GLA (Gamma Linolenic Acid)	25 mg	↑
Choline (from Choline Bitartrate)	10 mg	↑
Inositol	10 mg	↑
Lutein (from Marigold Flowers)	500 mcg	↑
Lycopene (from Natural Tomato Extract)	350 mcg	↑

* Percent Daily Values for Pregnant and Lactating Women.
† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Rice Bran Oil, Beeswax, Soy Lecithin and Natural Lemon Oil.

Contains fish (tuna, anchovies) and soy.

Formulated & Distributed by Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

Not manufactured with wheat, gluten, milk, egg, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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