

★
Made in The
USA with select
ingredients
from around
the world



NATURE'S BOUNTY®

MULTIVITAMIN

Prenatal

1333mcg DFE
of Folate

with 200mg
of DHA

Supports Baby's Healthy
Growth and Development*

60 Softgels

VITAMIN SUPPLEMENT

DIRECTIONS: For adult women, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value for Pregnant and Lactating Women	
Calories	10	
Total Fat	0.5 g	1%**
Vitamin A (as Beta-Carotene)	1,200 mcg	92%
Vitamin C (as Ascorbic Acid)	100 mg	83%
Vitamin D (as D3 Cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (as d-Alpha Tocopherol)	20 mg	105%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	129%
Riboflavin (Vitamin B-2)	1.7 mg	106%
Niacin (as Niacinamide)	20 mg	111%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	130%
Folate	1,333 mcg DFE (900 mcg folic acid)	222%

Other Ingredients: Gelatin, Vegetable Glycerin, Contains <2% of Mixed Natural Tocopherols, Natural Caramel Color, Natural Flavor, Silica, Soy Lecithin.

Contains soy and fish (anchovy, sardine) ingredients.

†As Natural Triglycerides

Amount Per Serving	%Daily Value for Pregnant and Lactating Women	
Vitamin B-12 (as Cyanocobalamin)	8 mcg	286%
Biotin (as d-Biotin)	100 mcg	286%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	143%
Calcium (as Calcium Carbonate)	175 mg	13%
Iron (as Ferrus Fumarate)	28 mg	104%
Iodine (as Potassium Iodide)	150 mcg	52%
Zinc (as Zinc Oxide)	25 mg	182%
Copper (as Copper Sulfate)	2 mg	154%

Fish Oil Concentrate	465 mg	***
provides 279 mg of Omega-3 Fatty Acids†, comprising of:		***
Eicosapentaenoic Acid (EPA)	27 mg	***
Docosahexaenoic Acid (DHA)	200 mg	***
Other Fatty Acids		***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Carefully Manufactured by NATURE'S BOUNTY, INC.
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NEARLY 50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For nearly 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✓ For Use Before, During & After Pregnancy*
- ✓ Multivitamin & Multimineral
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

☎ Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

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*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.

