



Prenatal

**Multiple with DHA
& Vitamin D₃**

DIETARY SUPPLEMENT

✓ Pregnancy Health* ✓ Fetal Development* ✓ Immune Support*

120 Soft Gels

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Complete nutrient support for mom and baby before, during, and after pregnancy.

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 60

	Amount Per Serving	% DV for Pregnant Women
Calories	20	
Total Fat	1.5 g	2%**
Total Carbohydrate	<1 g	<1%**
Protein	<1 g	
Vitamin A (37% as palmitate & 63% as beta carotene)	2,400 mcg RAE	185%
Vitamin C (from calcium ascorbate)	300 mg	250%
Vitamin D (as cholecalciferol)	40 mcg	267%
Vitamin E (as d-alpha tocopherol)	100.5 mg	529%
Vitamin K ₁ (as phyloquinone)	200 mcg	222%
Thiamin (Vitamin B-1) (from thiamin mononitrate)	6.8 mg	486%
Riboflavin (Vitamin B-2)	8 mg	500%
Niacin (as niacinamide)	80 mg	444%
Vitamin B-6 (from pyridoxine HCl)	10 mg	500%
Folate (800 mcg folic acid)	1,333 mcg DFE	222%

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water, carob), beeswax, soybean oil, soy lecithin, modified food starch, trisodium citrate, citric acid, silicon dioxide, medium chain triglyceride oil. Contains soy and fish (anchovy, sardine, mackerel, jack mackerel).

Directions: Pregnant Women: take two soft gels daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

Warning: Vitamin K can antagonize the effect of anticoagulants, including Warfarin. Do not take this product if you are taking Warfarin without first consulting with your physician.

	Amount Per Serving	% DV for Pregnant Women
Vitamin B-12 (as cyanocobalamin)	32 mcg	1,143%
Biotin	300 mcg	857%
Pantothenic Acid (from d-calcium pantothenate)	40 mg	571%
Calcium (from calcium carbonate, calcium ascorbate, d-calcium pantothenate & dicalcium phosphate)	100 mg	8%
Iron (from iron bisglycinate chelate)	27 mg	100%
Iodine (from potassium iodide)	150 mcg	52%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc gluconate)	15 mg	115%
Selenium (from selenomethionine)	70 mcg	100%
Copper (from copper gluconate)	2 mg	154%
Manganese (from manganese gluconate)	2 mg	77%
Chromium (from chromium nicotinate)	120 mcg	267%
Norwegian Fish Oil Concentrate	1 g	†
DHA (Docosahexaenoic Acid)*	500 mg	†
EPA (Eicosapentaenoic Acid)*	100 mg	†

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

† Daily Value (DV) not established. * Reported as triglycerides.

✓ **Gluten-free** ✓ **Milk/Casein-free**
✓ **No Artificial Preservatives**

POTENCY & QUALITY GUARANTEED

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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.



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