

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, allergic to iodine, use blood thinners, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children. Softgels can be a choking hazard.
Store in a cool, dry place. Do not use if safety seal is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Made without dairy or soy ingredients, peanut or shellfish. Manufactured in a facility that also processes egg, soy, dairy, peanut, wheat, fish, shellfish and tree nuts. No artificial colors, flavors, sweeteners or preservatives.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

This bottle contains an aroma-fresh canister not for consumption; maintain in the bottle for optimal performance.

FRESHNESS

PURITY

POTENCY



MSC-C-57854
From an MSC certified sustainable fishery.
www.msc.org

Distributed by Garden of Life LLC
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Dr. Formulated

PRENATAL MULTI + DHA

JUST ONE SOFTGEL DAILY



400mg DHA, FOLATE + IRON

30 Softgels

**Whole Food
Dietary Supplement**

Suggested Use: Adults take 1 softgel daily with food. Not intended for children.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5 g	1% ¹
Unsaturated Fat	0.5 g	
Vitamin A (beta-carotene mycelial culture)	1,300 mcg	100%
Vitamin C (ascorbic acid <i>S. cerevisiae</i> culture)	120 mg	100%
Vitamin D (D3 <i>S. cerevisiae</i> culture)	15 mcg (600 IU)	100%
Vitamin E (d-alpha tocopherol sunflower oil)	19 mg	100%
Vitamin K (K1 <i>S. cerevisiae</i> culture)	90 mcg	100%
Thiamin (B1 <i>S. cerevisiae</i> culture)	1.4 mg	100%
Riboflavin (B2 <i>S. cerevisiae</i> culture)	1.6 mg	100%
Niacin (niacinamide <i>S. cerevisiae</i> culture)	9 mg	50%
Vitamin B6 (<i>S. cerevisiae</i> culture)	2 mg	100%
Folate (folic acid <i>S. cerevisiae</i> culture)	1,330 mcg DFE (800 mcg)	222%
Vitamin B12 (methylcobalamin <i>S. cerevisiae</i> culture)	2.8 mcg	100%
Iron (brown rice chelate)	27 mg	100%
Iodine (organic sea kelp)	145 mcg	50%
Zinc (brown rice chelate)	13 mg	100%
DHA (Docosahexaenoic Acid) Triglyceride Form	400 mg	+

¹ Percent Daily Values based on a 2,000 calorie diet.
+Daily Value not established.

Other Ingredients: PureSeaOmega3™ Mercury Free Tuna Oil (*Thunnus spp.*) with naturally occurring SPM (Specialized Pro-Resolving Mediators) and DPA (Docosapentaenoic Acid), Non-GMO PlantGel™ Softgel (with natural colorant), Non-GMO Sunflower (Oil and Lecithin), Candelilla Wax, Non-GMO Strawberry Flavor, Non-GMO Rosemary Extract.

Contains: Fish.