



Supports Mom & Baby* Prenatal Multi Plus DHA Certified From Sustainable Fisheries

ALLERGEN WARNING: Contains fish and soy derivatives.

FREE OF: Gluten, lactose, milk, eggs, peanuts, tree nuts, crustacean shellfish, artificial colors or flavors.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL DRY PLACE.

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www.oceanblueomega.com

*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.



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PRENATAL

NURTURE

— powered by **ALPHA & OMEGA**

75 mg Alpha-GPC

300 mg DHA

833 mcg Folate

Prenatal Multivitamin

30 softgels

DIETARY SUPPLEMENT

SUGGESTED USE: Take one (1) softgel capsule daily with meal.

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 30

Amount Per Serving	% DV**	Amount Per Serving	% DV**
Calories	10	Biotin	250 mcg 714%
Total Fat	0.5 g 1%*	Pantothenic Acid	15 mg 214%
Cholesterol	<5 mg <2%	Choline	30 mg 5%
Vitamin A	750 mcg 58%	(from 75 mg Alpha-GPC)	
(vitamin A palmitate)	(2500 IU)	Iron (ferrous fumarate)	27 mg 100%
Vitamin C (ascorbic acid)	60 mg 50%	Iodine (potassium iodide)	50 mcg 17%
Vitamin D	30 mcg 200%	Magnesium	40 mg 10%
(cholecalciferol)	(1200 IU)	(magnesium oxide)	
Thiamine	15 mg 1071%	Zinc (zinc amino acid chelate)	5 mg 38%
(thiamine mononitrate)		Copper (cupric oxide)	3 mg 231%
Riboflavin	18 mg 1125%	Alpha & Omega	760 mg †
Niacin (as niacinamide)	20 mg 111%	Alpha-GPC	75 mg †
Vitamin B6	30 mg 1500%	EPA (Eicosapentaenoic Acid)	40 mg †
(pyridoxine hydrochloride)		DHA (Docosahexaenoic Acid)	300 mg †
Folate (folic acid)	833 mcg 139%	Additional Omega-3s	60 mg †
(500 mcg Folic Acid)			
Vitamin B12	10 mcg 357%		
(methylcobalamin)			

**Percent Daily Values (DV) for pregnant and lactating women are based on a 2,000 calorie diet.

†Daily Value not established

OTHER INGREDIENTS: Highly refined and concentrated omega-3 fish oil (anchovy, sardine, mackerel), capsule shell (bovine gelatin, glycerin, purified water, annatto extract, carob), beeswax, lecithin (soy), natural mixed tocopherols (soy).

LOT:

EXP: