



ADVANCED FORMULA

# Prenatal Multi + DHA

- Complete Multivitamin for Pregnant and Nursing Women\*
- Promotes Healthy Pregnancy\*

60 VEGGIE CAPSULES

FOOD SUPPLEMENT



## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

|                                              | Amount Per Serving | %Daily Value†† |
|----------------------------------------------|--------------------|----------------|
| Calcium (as calcium carbonate)               | 150 mg             | 12%            |
| Vitamin C (as ascorbic acid)                 | 100 mg             | 167%           |
| Iron (as ferrous fumarate)                   | 27 mg              | 150%           |
| Zinc (as zinc oxide)                         | 25 mg              | 167%           |
| Vitamin E (as d-alpha-tocopheryl acetate)    | 30 IU              | 100%           |
| Niacin (as niacinamide)                      | 18 mg              | 90%            |
| Vitamin B6 (as pyridoxal-5-phosphate)        | 2.6 mg             | 104%           |
| Vitamin A (as betacarotene)                  | 4,000 IU           | 50%            |
| Riboflavin                                   | 1.7mg              | 85%            |
| Thiamin (as thiamin HCl)                     | 1.5 mg             | 88%            |
| Folate (as 5-methyltetrahydrofolate calcium) | 800 mcg            | 100%           |
| Vitamin D (as cholecalciferol)               | 400 IU             | 100%           |
| Vitamin B-12 (as methylcobalamin)            | 8 mcg              | 100%           |
| Omega-3 Fatty Acids                          | 228 mg             | †              |
| Docosahexaenoic Acid (DHA)                   | 27.3 mg            | †              |
| Eicosapentaenoic Acid (EPA)                  | 41.04 mg           | †              |

† % Reference Intake not established

†† Daily Value for Pregnant and Lactating Women.

**Other Ingredient(s):** Vegetable Cellulose, Magnesium Stearate, Rice Flour, Maltodextrin and Silicon Dioxide  
Contains fish and soy



X000L87BXB

**Suggested Use:** Adult women take 2 capsules daily with a meal or as directed by a healthcare professional.

**Tamper Resistance:** Please do not use if safety seal is broken or missing. Store in a cool, dry place.

**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.

**Caution:** Do not use if you are under the age of 18. Do not exceed recommended serving. Consult your health care provider prior to using this or any other food supplement, especially if you are taking any medications, over the counter products, or other food supplements, or if you have or suspect you may have any medical condition. Immediately discontinue use and call your health care provider if you experience any adverse reactions. Keep out of reach of children.

\* Food supplements should not be used as a substitute for a varied diet.

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