

BETTER LIVING BEGINS WITHIN

Almega®PL, our proprietary form of algae Omega-3, offers 50% better absorption than fish or krill oil.¹ This prenatal supplement contains DHA, a key nutrient for the growth of your baby's eyes and brain. For even more support, we added methyl folate and Vitamin D3 for baby's cognitive and bone development plus iron and K2 for your health during pregnancy. Sustainably farmed in the USA, iwi algae is cultivated in the desert with saltwater and powered by the sun. Not only do we avoid harming the ocean and the life in it, we also give back 1% of our net sales to Ocean Unite. iwi is good for every living thing. Learn more at:

IWILIFE.COM & OCEANUNITE.ORG



Vegan

Gluten free

Recyclable

Manufactured for iwi® Houston, TX 77056

Made from recycled bottles

50% MORE ABSORPTION
SUSTAINABLY SOURCED
PLANT-BASED



iwi

MADE FROM ALGAE
PRENATAL
OMEGA-3

+ Complete Multivitamin



BRAIN HEART IMMUNITY BONES

60 SOFTGELS, DIETARY SUPPLEMENT

Directions: Take 2 softgels daily.

Supplement Facts

Serving Size: 2 Softgels
Servings Per Container: 30

Amount per Serving	% Daily Value for Pregnant or Lactating Women
Calories	10
Total Fat	1 g 1%
Cholesterol	4 mg 1%
Vitamin A (Beta Carotene)	1000 mcg RAE 77%
Vitamin C (Ascorbic Acid)	180 mg 83%
Vitamin D3 (Cholecalciferol)	25 mcg 167%
Vitamin E (D-Alpha Tocopherol)	20 mg 195%
Vitamin K2 (Menaquinone-7)	50 mcg 56%
Thiamin (Thiamine Mononitrate/Vitamin B1)	2 mg 143%
Riboflavin (Vitamin B2)	2 mg 125%
Niacin (Nicotinamide/Vitamin B3)	5 mg 26%
Vitamin B6 (Pyridoxal 5'-Phosphate)	3 mg 150%
Folate (Calcium L-5-methyltetrahydrofolate)	1300 mcg DFE (800 mcg folic acid) 133%
Vitamin B12 (Methylcobalamin)	20 mcg 714%
Biotin	200 mcg 571%
Phosphatidylcholine	20 mg 4%
Calcium (Calcium Citrate)	50 mg 4%
Iron (Ferrous Bisglycinate Chelate)	20 mg 24%
Iodine (Kelp Powder)	100 mcg 34%
Magnesium (Magnesium Citrate)	10 mg 3%
Zinc (Zinc Gluconate)	10 mg 77%
Selenium (Sodium Selenate)	50 mcg 71%
Copper (Copper Bisglycinate Chelate)	5 mg 38%
Algae Oil	580 mg †
Total Omega Fatty Acids	239 mg †
Omega 3 Fatty Acids	225 mg †
EPA (Eicosapentaenoic Acid)	75 mg †
DHA (Docosahexaenoic Acid)	200 mg †
Omega 6 Fatty Acids	4 mg †
Omega 7 Fatty Acids	7 mg †
Omega 9 Fatty Acids	2 mg †
Polar Lipids	12 mg †
Chlorophyll	1 mg †

* Percent Daily Values are based on a 2,000-calorie diet
† Daily Value not established.

Other Ingredients: Softgel Shell: (non-GMO) Modified cornstarch, Glycerin, Scurved Extract, Purified Water; Excipients: Sunflower Seed Oil, Candelilla Wax, Olive Oil. Contains no Sugar, Gelatin, Nuts, Wheat, Yeast, Pollen, Dairy, Hidden Additives or Artificial Flavors or Colors.

Keep out of the reach of children. Store in a cool, dry place. Do not use if seal is broken or missing.

* 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.

¹ (Kagan et al., 2013 Lipids Health Dis)