

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.

FREE GLUTEN, SALT, YEAST-DEIVED FROM INGREDIENTS, AND WHEAT.

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

life'sDHA life'sDHA® is a trademark of DSM.

◆ LG11093.A02 BLK9007A

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / feelalive.com

**HIGH
POTENCY
FOLATE
& IRON**

Alive!

**DAILY SUPPORT
PRENATAL
MULTIVITAMIN**

with 200 mg
PLANT DHA
per serving

30 SOFTGELS • DIETARY SUPPLEMENT

Recommendation: For women that are pregnant, nursing, or trying to conceive, swallow 1 softgel daily, preferably with food. Do not chew. **Warning:** Do not take this product if you have known hypersensitivity to iodine or hyperthyroidism. If you are taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Softgel

Amount per Serving	% DV
Calories	10
Total Fat	0.5 g 1%
Saturated Fat	0 g 0%
Trans Fat	0 g --
Vitamin A (as 50% beta carotene and 50% retinyl palmitate)	650 mcg 50%
Vitamin C (ascorbic acid)	120 mg 100%
Vitamin D3 (as cholecalciferol)	15 mcg 100%
Vitamin E (as di-alpha tocopheryl acetate)	19 mg 100%
Thiamin (as thiamin mononitrate)	1.4 mg 100%
Riboflavin	1.6 mg 100%
Niacin (as niacinamide)	18 mg 100%
Vitamin B6 (as pyridoxine HCl)	2 mg 100%
Folate	600 mcg 100%
	(360 mcg folic acid)

Amount per Serving	% DV
Vitamin B12 (as cyanocobalamin)	2.8 mcg 100%
Biotin	35 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7 mg 100%
Calcium (as calcium carbonate)	200 mg 15%
Iron (as ferrous fumarate)	42 mg 156%
Iodine (as potassium iodide)	290 mcg 100%
Zinc (as zinc oxide)	13 mg 100%
Copper (as copper sulfate)	1.3 mg 100%
DHA (docosahexaenoic acid from Algal [Schizochytrium sp.] oil)	200 mg --
Orchard Fruits™ and Garden Veggies™ Powder Blend: Spinach, Pea, Cabbage, Cauliflower, Asparagus, Broccoli, Brussels Sprout, Cucumber, Apple, Tomato, Acai, Cherry, Grape, Raspberry, Plum, Beet, Carrot, Banana, Blueberry, Pineapple, Strawberry, Cranberry	50 mg --

Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: gelatin, glycerin, sunflower oil, beeswax, sunflower lecithin, purified water, natural flavors, caramel color.



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SMARTER PRENATAL WITH PLANT SOURCE DHA

DHA not from fish oil and does not contain harmful mercury levels

Strawberry flavored softgels for a pleasant experience

Orchard Fruits™ / Garden Veggies™ powder blend (50 mg per serving)



Alive!® multivitamins were created to give you the support you need to do all that is important to you! Get the most from your multi, with potent vitamins and minerals and our food-based blends, and live every day feeling Alive!

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**DESIGNED FOR
mom &
developing
baby***

**15 Vitamins & Minerals
at 100% or more of Daily Value**

600 mcg folate supports healthy brain/spinal cord development*

200 mg plant source DHA,
an omega-3 essential fatty acid
that supports healthy eye
and brain development*

Take during pregnancy, nursing,
and while trying to conceive.

FREE GLUTEN, SALT, YEAST-DEIVED FROM INGREDIENTS, AND WHEAT.

*Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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Powder Blend (50 mg per serving)**

**15 VITAMINS & MINERALS
at 100% or More of Daily Value**

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