

482003-04 EXP 12/19

★
Made In The
USA with select
ingredients
from around
the world



OPTIMAL SOLUTIONS®

PRENATAL MULTI HEALTHY MOM

WOMEN'S HEALTH

Supports Baby's Healthy
Growth and Development*

60 Softgels

DIETARY SUPPLEMENT

200 mg
Plant Based
DHA**

DIRECTIONS: For adult women, take two (2) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value for Pregnant and Lactating Women	Amount Per Serving	%Daily Value for Pregnant and Lactating Women
Calories	10	Biotin (as d-Biotin)	100 mcg 33%
Calories from Fat	5	Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Total Fat	0.5 g ***	Calcium (as Calcium Carbonate)	200 mg 15%
Vitamin A (as Beta-Carotene)	4,000 IU 50%	Iron (as Ferrous Fumarate)	28 mg 156%
Vitamin C (as Ascorbic Acid)	100 mg 167%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as D3 Cholecalciferol)	400 IU 100%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin E (as d-Alpha Tocopherol)	30 IU 100%	Copper (as Cupric Sulfate)	2 mg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg 106%	Ginger Extract (Zingiber officinale)(root)	200 mg ***
Riboflavin (Vitamin B-2)	1.7 mg 85%	Docosahexaenoic Acid (DHA) from DHA rich oil derived from a plant based algae (Schizochytrium sp.)	200 mg ***
Niacin (as Niacinamide)	20 mg 100%	***Daily Value not established.	
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg 104%		
Folic Acid	800 mcg 100%		
Vitamin B-12 (as Cyanocobalamin)	8 mcg 100%		

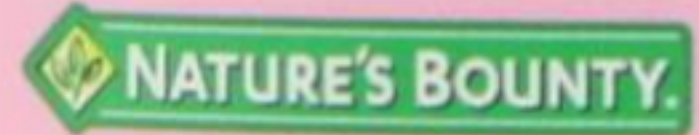
Other Ingredients: Gelatin, Vegetable Glycerin. Contains <2% of Annatto Color, Ascorbyl Palmitate, Natural Flavors, Silica, Soy Lecithin, Sunflower Oil, Titanium Dioxide Color, Tocopherols.

Contains soy ingredients.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if

any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.



OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With over 40 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with only the purest ingredients...guaranteed. Beauty Starts on the Inside.™

- ✓ Gluten Free
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**per serving

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

Prod. No. 64821 B52711 00A

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Carefully Manufactured by NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A. ©2016 Nature's Bounty, Inc.