

# 60 DAY SUPPLY

**CVS**  
pharmacy

Compare to One-a-Day®  
Women's Formula™

**NEW!**

**ULTRA-PURE  
FISH-FREE**

## DHA PRENATAL MULTIVITAMIN

### 2 STEP PROGRAM

COMPLETE PRENATAL MULTIVITAMIN/MULTIMINERAL  
SUPPLEMENT WITH ALGAE-SOURCED DHA

**200mg of DHA Omega-3 in every serving**

- Doctors recommend DHA during pregnancy & nursing
- Helps support fetal brain & eye development\*
- Helps support fetal spinal column development\*

THIS BOX CONTAINS:  
STEP 1: 60 TABLETS / MULTIVITAMIN  
STEP 2: 60 SOFTGELS / OMEGA-3 DHA  
DIETARY SUPPLEMENT



### Supplement Facts

Serving Size: 1 Tablet / Servings Per Container: 60

| MULTIVITAMIN/MULTIMINERAL                   | Amount Per Serving | % DV Pregnant Women |
|---------------------------------------------|--------------------|---------------------|
| Vitamin A (from beta carotene)              | 4000 IU            | 50%                 |
| Vitamin C (as ascorbic acid)                | 60 mg              | 100%                |
| Vitamin D3 (as cholecalciferol)             | 400 IU             | 100%                |
| Vitamin E (from d-alpha tocopheryl acetate) | 50 IU              | 100%                |
| Thiamin (as thiamine mononitrate)           | 1.7 mg             | 100%                |
| Riboflavin (vitamin B-2)                    | 2 mg               | 100%                |
| Niacin (as niacinamide)                     | 20 mg              | 100%                |
| Vitamin B6 (as pyridoxine HCL)              | 2.5 mg             | 100%                |
| Folic Acid                                  | 975 mcg            | 122%                |
| Vitamin B12 (as cyanocobalamin)             | 6 mcg              | 100%                |
| Biotin (as D-biotin)                        | 300 mcg            | 100%                |
| Pantothenic Acid (as calcium pantothenate)  | 10 mg              | 100%                |
| Calcium (as calcium carbonate)              | 300 mg             | 25%                 |
| Iron (as iron fumarate)                     | 28 mg              | 150%                |
| Iodine (as potassium iodide)                | 150 mcg            | 100%                |
| Magnesium (as magnesium oxide)              | 50 mg              | 11%                 |
| Zinc (as zinc oxide)                        | 15 mg              | 100%                |
| Copper (as cupric oxide)                    | 2 mg               | 100%                |

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Maltic Acid, Hydroxypropyl Cellulose, Titanium Dioxide, Silicon Dioxide, Polyethylene Glycol, Magnesium Stearate, Hydroxypropyl Cellulose, Vanillin and Carmine.

Folic Acid may obscure the diagnosis of pernicious anemia. Potable intake should not exceed 1,000 mcg.

As with any product containing folic acid, iron or the non-water soluble vitamins B and E, adhere carefully to the amount recommended by your health care practitioner.

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.

**The importance of DHA**  
Some studies suggest that increasing dietary intake of DHA plays an important role for both mom and the developing child:

- DHA is important for healthy visual and mental development throughout infancy, yet developing infants cannot produce optimal levels of DHA on their own.
- Rapid brain growth occurs during the second half of pregnancy and continues throughout the first years of life. Infants have the greatest need for DHA during this time.
- Some studies suggest that increasing dietary intake of DHA during pregnancy and beyond may help to support a mother's emotional well-being after birth.\*

### Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 60

| DHA                                                       | Amount Per Serving | % DV Pregnant Women |
|-----------------------------------------------------------|--------------------|---------------------|
| Calories                                                  | 5                  |                     |
| Calories from Fat                                         | 5                  |                     |
| Total Fat                                                 | 0.5 g              | †                   |
| DHA<br>(Docosahexaenoic Acid from Schizochytrium sp. Oil) | 200 mg             | †                   |
| † Daily Value not established                             |                    |                     |

Other Ingredients: Gelatin Capsule (Porcine Gelatin, Glycerin, Purified Water, Carmine, Annatto, Caramel, Titanium Dioxide), High Oleic Sunflower Oil, Sunflower Lecithin, Rosemary Extract, Tocopherols and Ascorbyl Palmitate as antioxidants.

**SUGGESTED USE:** As a dietary supplement for pregnant and nursing women, take one tablet and one softgel daily with a meal. Not intended for children or other adult populations.

**KEEP OUT OF REACH OF CHILDREN.** For optimal storage conditions, keep in a cool, dry place with the cap tightly closed. Protect from excessive heat or freezing. **TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

As with any product containing omega-3 fatty acids, adhere carefully to the amount recommended by your health care practitioner.

Clinical studies have shown that taking 200mg of DHA during pregnancy and while nursing a child can provide significant benefits for improving the development of brain and eye function.\* In fact, many doctors specifically recommend that pregnant women and nursing mothers take a multivitamin and consume 200mg of DHA per day to help their baby develop during these important times.\* The unique DHA in Life'sDHA™ Prenatal Multi is a patented, ultra-pure and completely fish-free DHA to support your baby's brain and eye development.\*

This exclusive 2-step multivitamin and DHA supplement program also contains extra folic acid to provide improved support for the proper development of your baby's spinal column.\* Life'sDHA™ is a great way to help take care of both you and your developing child.

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\*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.