

OVER 45 YEARS OF EXPERTISE

Nature Made



Prenatal Multi + DHA 200 mg DHA

CLINICALLY PROVEN
 ABSORPTION
 OF FOLIC ACID & IRON

Contains Folic Acid
 & 19 other nutrients
 for baby's development
 & mom[†]

1 PER DAY

60 SOFTGELS

Supports the
 development
 of baby's brain, eyes
 & nervous system[†]

Dietary Supplement

[†]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.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value for Pregnant Women and Lactating Women
Calories 5	
Vitamin A (as Beta Carotene) 770 mcg	59%
Vitamin C (as Ascorbic Acid) 85 mg	71%
Vitamin D ₃ (as Cholecalciferol) 25 mcg (1000 IU)	167%
Vitamin E (as d-Alpha Tocopherol) 15 mg	79%
Vitamin K (as Phytonadione) 90 mcg	100%
Thiamin (as Thiamine Mononitrate) 1.4 mg	100%
Riboflavin 1.4 mg	88%
Niacin (as Niacinamide) 18 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 1.9 mg	95%
Folate 1330 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B ₁₂ (as Cyanocobalamin) 5.2 mcg	186%
Biotin 30 mcg	86%
Pantothenic Acid (as d-Calcium Pantothenate) 6 mg	86%
Calcium (as Calcium Carbonate) 150 mg	12%
Iron (as Ferrous Fumarate) 27 mg	100%
Iodine (as Potassium Iodide) 150 mcg	52%
Magnesium (as Magnesium Oxide) 45 mg	11%
Zinc (as Zinc Oxide) 11 mg	85%
Omega-3 Fatty Acids (from Fish Oil Concentrate) ^{††} 260 mg	*
Omega-3 Docosahexaenoic Acid (DHA) ^{††} 200 mg	*
Omega-3 Eicosapentaenoic Acid (EPA) ^{††} 60 mg	*

*Daily Value not established.

SUGGESTED USE:

Adults, take 1 softgel daily with water and a meal for optimal absorption.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

✓ No Artificial Flavors
 ✓ Gluten Free

CAUTION:

If you are taking medication or have blood clotting issues, consult your physician before use.

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.

OTHER INGREDIENTS:

Gelatin, Glycerin, Rapeseed Lecithin, Soybean Oil, Water, Dibasic Calcium Phosphate, Yellow Beeswax, Tocopherols, Resin, Ascorbyl Palmitate.

DISTRIBUTED BY:

Nature Made Nutritional Products

West Hills, CA 91309-9903, USA

1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process. USP sets official standards for dietary supplements.

www.uspverified.org
^{††} As ethyl esters

Lot:
 Exp: