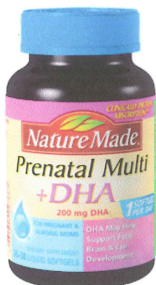


# Prenatal Multi + DHA Liquid Softgel



Supplement Facts	
Serving Size 1 softgel	
Amount Per Softgel	%Daily Value for Pregnant and Lactating Women
Calories 10	
Total Fat 0.5 g	
Total Carbohydrate Less than 1g	↓ *
Vitamin A 4000 IU 100% Beta Carotene	50%
Vitamin C (as Ascorbic Acid) 100 mg	167%
Vitamin D <sub>3</sub> (as Cholecalciferol) 400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 11 IU	37%
Thiamin (as Thiamin Mononitrate) 1.5 mg	88%
Riboflavin 1.7 mg	85%
Niacin (as Niacinamide) 18 mg	90%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride) 2.6 mg	104%
Folic Acid 800 mcg	100%
Vitamin B <sub>12</sub> (as Cyanocobalamin) 4 mcg	50%
Calcium (Calcium Carbonate) 150 mg	12%
Iron (as Ferrous Fumarate) 27 mg	150%
Zinc (as Zinc Oxide) 25 mg	167%
Omega-3 Fatty Acids (from Fish Oil) 228 mg	*
Docosahexaenoic Acid (DHA) 200 mg	
Eicosapentaenoic Acid (EPA) 28 mg	
* Daily Value not established.	

Nature Made Prenatal Multi + DHA was recently reformulated to remove added colors. The following are 'Other Ingredients' contained in both the original and the new formulas. Please check the bottle label to confirm which formula you may be purchasing. The new formula may not yet be available at all retail locations.

#### Original Formula

Other Ingredients: Gelatin, Soybean Oil, Water, Glycerin, Soy Lecithin, Yellow Beeswax, Titanium Dioxide (artificial color), Red 40, Yellow 6, Blue 1  
 Contains: Fish (Anchovy, Sardine).

#### New Formula (No Color Added)

Other Ingredients: Gelatin, Soybean Oil, Water, Glycerin, Soy Lecithin, Yellow Beeswax, Contains: Fish (Anchovy, Sardine).

No Artificial Flavors. No Preservatives. No Yeast. No Starch. No Gluten.

Caution: Ingestion of more than 3 grams of omega-3 fatty acids per day has been shown to have potential antithrombotic effects, including an increased bleeding time. Administration of omega-3 fatty acids should be avoided in patients on anticoagulants and in those known to have an inherited or acquired bleeding diathesis.