

This nurturing blend of Prenatal Essentials gives you the full recommended daily dose of choline (VitaCholine®) to support fetal neural development. Choline helps increase the availability of DHA, which works together with folate (Quatrefolic®) in its most bioavailable form to further support fetal brain & spinal development.* Choline + B12 gives mom more energy. And for breastfeeding moms, continued choline supplementation will boost your bundle of joy's continued brain growth and development beyond pregnancy.*

Supports

- A healthy prenatal regimen*
- Fetal and neural development during pregnancy*
- Breastfeeding moms for baby's continued brain development*

*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.

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VitaCholine® is a registered trademark of Balchem Corporation.



YDRB513

Dietary
Supplement

Doctor's
BEST®

Science-Based
Nutrition™



Prenatal Essentials



with **Choline
& DHA**

ESSENTIAL NUTRIENTS FOR
MOTHER AND BABY*

120 Veggie Softgels

Supplement Facts

Serving Size 4 Veggie Softgels

Servings Per Container 30

Amount Per Serving	%Daily Value for Pregnant & Lactating Women	
Folate (as (6S)-5-methyltetrafollic acid, glucosamine salt)(Quatrefolic®)	600 mcg DFE (360 mcg folic acid)	100%
Vitamin B12 (as methylcobalamin)	2.8 mcg	100%
Choline (as choline L(+) bitartrate)(VitaCholine®)	550 mg	100%
Iron (as ferrous bisglycinate chelate)(Ferrochel®)	27 mg	100%
DHA (Docosahexaenoic Acid) (from algal oil (Schizochytrium sp.))	250 mg	†

† Daily Value not established.

Other Ingredients: Vegetarian softgel (food starch-modified, carrageenan, sorbitol, glycerin, purified water, red iron oxide, black iron oxide), sunflower oil, yellow beeswax, sunflower lecithin.

Suggested Adult Use: Take 4 softgels with food or as directed by a nutritionally informed physician.

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.

Non-GMO / Gluten Free / Soy Free / Vegetarian
Store in a cool dry place.

Manufactured for: **Doctor's Best, Inc.**
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