

Prenatal One™ #1 Natural Prenatal Multivitamin†

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 30

	Amount Per Serving	DV% ¹
Vitamin A (as Palmitate, Beta-carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D3 (Ergocalciferol))	400 IU	100%
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%
Vitamin K (as Phytanadione)	65 mcg	-
Vitamin B-1 (as Thiamin Mononitrate)	10 mg	588%
Riboflavin (Vitamin B-2)	10 mg	500%
Niacin (as Nicotinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine)	15 mg	600%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	303%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	15 mg	150%
Calcium (as Carbonate, Citrate-Malate)	200 mg	10%
Iron (as Amino Acid Chelate)	30 mg	167%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Oxide)	100 mg	25%
Zinc (as Citrate)	15 mg	100%
Selenium (as Selenomethionine)	100 mcg	-
Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Citrate)	2 mg	-
Chromium (as Amino Nicotinate)	150 mcg	-
Molybdenum (as Amino Acid Chelate)	75 mcg	-
Potassium (as Citrate)	10 mg	-
Other Bioflavonoid Complex	95 mg	-
Choline (as Bitartrate)	10 mg	-
Inositol	10 mg	-
Boron (as Glycinate)	1 mg	-
Gentle Prenatal Blend	90 mg	-
(equivalent to 320 mg food & herbal powder)		
Red Raspberry (leaf) 2:1 Extract, Ginger		
(rhizome) Fresh Juice 10:1 Extract,		
Organic Spirulina		
Complete Digestive Support	24 mg	-
Protease (600 HUT), Amylase (250 DU),		
Lipase (2 HP), Cellulase (3 CU)		
ProBioActive™ (Bifidobacterium)	25,000,000 CFU	-

¹ Daily Value (DV) not established.
† % DV for pregnant or lactating women

Other ingredients (natural mineral and vegetable source): cellulose, stearic acid, modified cellulose, silica. Coating: Vegetable food glaze (Hydrony propyl cellulose, pharmaceutical glaze).

Prenatal DHA Smart Essentials™ Ultra Pure & Sustainable Fish Oil

Supplement Facts

Serving size: 1 Softgel
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	-
Calories from fat	10	-
Total Fat	1 g	1%
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%
Choline (as Bitartrate)	50 mg	-
Purified Deep Sea Fish Oil	415 mg	-
Omega-3 Fatty Acids	308 mg	-
Eicosapentaenoic acid (EPA)	33 mg	-
Docosahexaenoic acid (DHA)	250 mg	-
Mixed Tocopherols	20 mg	-
Orange (peel) Essential Oil	15 mg	-

* Daily Value (DV) not established.

Other ingredients: soybean oil, yellow beeswax, silica, ascorbyl palmitate, lecithin (soy). Softgel Shell: gelatin, purified water, glycerin, natural caramel color, natural orange oil, zinc oxide, carotene. Contains anchovy, sardine, mackerel and/or wild, sustainable, deep sea Pacific Ocean tuna.

SUGGESTED USAGE: While trying to conceive, pregnant or nursing, take 1 tablet and 1 softgel daily, together or separately, with or between meals.

Your purchase sends life-saving nutrition to at-risk women and children worldwide.

Consult your health care practitioner prior to use if you are taking medication or have a medical condition.

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.

† SPINS Data

#1 Natural Prenatal Brand†

JUST 1 ONCE™

New Look,
Same
Formula!



Prenatal Daily Duo™ Prenatal One™

plus Prenatal DHA Smart Essentials™

Food-Based Multivitamin + Ultra-Pure Fish Oil

Complete Prenatal & Postnatal Nutrition
Promotes baby's brain & eye development*
High folic acid & non-constipating iron
Aids digestion with probiotics & enzymes*

Gluten-Free | Dairy-Free

1 Month Supply

30 Tablets + 30 Softgels | Dietary Supplements

#1 Natural Prenatal Brand†

Free of gluten • wheat • milk/dairy •
nuts • eggs • yeast • sugar • artificial additives

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The #1 Natural Prenatal Multivitamin†
providing complete food-based nutrition*

Nourishes Mom & Baby*

800 mcg folic acid • choline • 2:1 calcium
to magnesium • vitamins B, C, D & K

Energizes & promotes muscle comfort*
Superfoods • B-complex, C & K vitamins
• magnesium • ginger

Gentle on the stomach

Probiotics • plant source enzymes
• non-constipating iron

Ultra-Pure Prenatal DHA™

Promotes healthy brain & eyes*

Expert recommended level of DHA††
• vitamin E • choline

Exceptional purity & sustainability

Wild, sustainable, deep ocean fish
• solvent-free molecular distillation
• independently tested for toxins • follows
strict international purity standards

**Easy to digest with orange essential oil
for no fishy taste or smell***

†† When combined with average dietary intake of
50 mg DHA, for a total of 300 mg daily. This is the
recommended level established for pregnant and
nursing women in 1999 by international experts
associated with the US National Institutes of Health.

* 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.

Formulated & Distributed by
Rainbow Light Nutritional Systems™
Santa Cruz, CA 95060 ©2014
800.571.4701 www.rainbowlight.com 4.0-0
Manufactured in Colombia (Prenatal DHA).

