

Suggested Usage: Take 2 softgels daily with or without food. Best when taken as directed by a qualified healthcare professional.

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements. **Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.**

Sealed for your protection. Do not use if seal is missing or broken. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F). Improper storage conditions, such as extended exposure to direct sunlight, high heat & humidity can cause product degradation over time.

Alpha & Omega™ is a trademark of KD Nutra

*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.

California Gold Nutrition® is a registered trademark of Madre Labs, LLC

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CALIFORNIA **GOLD** NUTRITION®

Daily Prenatal MULTI

For Pregnant & Nursing Mothers

Plus Alpha-GPC & Omegas

***To Help Support Healthy Pregnancy and Fetal Development**

Formulated to Contain

NO Gluten
NO GMOs

**60 Softgels (Fish Gelatin)
Dietary Supplement**



Supplement Facts

Serving Size: 2 Softgels
Servings Per Container: 30

Amount Per Serving	% Daily Value for Pregnant & Lactating Women	
Calories	15	
Total Fat	1g	1%*
Cholesterol	<5 mg	<2%
Protein	<1g	
Vitamin A (Vitamin A Palmitate)	750 mcg (2500 IU)	58%
Vitamin C (Ascorbic Acid)	60 mg	50%
Vitamin D (Cholecalciferol)	30 mcg (1200 IU)	200%
Thiamine (Thiamine Mononitrate)	15 mg	1071%
Riboflavin	18 mg	1125%
Niacin (as Niacinamide)	20 mg NE	111%
Vitamin B6 (Pyridoxine Hydrochloride)	30 mg	1500%
Folate (Folic Acid)	833 mcg DFE (500 mcg Folic Acid)	139%
Vitamin B12 (methylcobalamin)	10 mcg	357%
Biotin	250 mcg	714%

Amount Per Serving	% Daily Value for Pregnant & Lactating Women	
Pantothenic Acid	15 mg	214%
Choline (from 75mg alpha-GPC)	30 mg	5%
Calcium (Calcium Carbonate)	150 mg	12%
Iron (Ferrous Fumarate)	27 mg	100%
Iodine (Potassium Iodide)	50 mcg	17%
Magnesium (Magnesium Oxide)	80 mg	20%
Zinc (Zinc Amino Acid Chelate)	5 mg	38%
Copper (Cupric Oxide)	3 mg	231%
Alpha & Omega™ (Proprietary Blend of Omega-3 Fish Oil & alpha-GPC)	760 mg	†
Total Omega-3 Fatty Acids	400 mg	†
EPA (Eicosapentaenoic Acid)	40 mg	†
DHA (Docosahexaenoic Acid)	300 mg	†
Additional Omega-3 Fatty Acids	60 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients: Capsule Shell (Fish Gelatin [Catfish, Tilapia], Glycerin, Annatto Extract, Purified Water, Carob), Highly Refined & Concentrated Omega-3 Fish Oil (Anchovy, Sardine, Mackerel), Calcium Carbonate, Soybean Oil, Magnesium Oxide, Beeswax, Ferrous Fumarate, Alpha-glycerophosphocholine (Soy), Ascorbic Acid, Lecithin (Soy), Pyridoxine Hydrochloride, Biotin, Niacinamide, Thiamine Mononitrate, Riboflavin, D-calcium Pantothenate, Zinc Amino Acid Chelate, Cupric Oxide, Natural Mixed Tocopherols (Soy), Vitamin A Palmitate, Cholecalciferol, Methylcobalamin, Folic Acid, Potassium Iodide.

Contains: Fish (Anchovy, Sardine, Mackerel, Catfish, Tilapia [Gelatin]), Soy.

This product is not manufactured with milk, eggs, crustacean shellfish, tree nuts, peanuts, wheat or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.