

OTHER INGREDIENTS: Gelatin capsule (bovine gelatin, sorbitol, glycerin, purified water, titanium dioxide, FD&C Red #40, caramel coloring, FD&C Blue #1), yellow beeswax and soy lecithin. (Contains traces of dl, fish oil and soy.)

Supplement Facts

Serving Size: 1 softgel

Amount per Serving:		% Daily Value	% Daily Value (Pregnant & Lactating Women)
Vitamin C (as calcium ascorbate dihydrate)	25 mg	42%	42%
Vitamin D3 (as cholecalciferol)	1000 IU	250%	250%
Vitamin E (as dl- α -tocopheryl acetate)	15 IU	50%	50%
Vitamin B2 (as riboflavin)	1.5 mg	88%	75%
Vitamin B3 (as niacinamide)	10 mg	50%	50%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%	2000%
Folate (as 1.4 mg Quatrelonic® (6S)-5, methyltetrahydrofolate acid glucosamine salt molar equivalent to 750 mcg of folic acid) and folic acid, USP 250 mcg)	1 mg	250%	125%
Biotin	1 mg	333%	333%
Calcium (as calcium carbonate)	100 mg	10%	8%
Iron (as Sumalate® (ferrous asparto glycinate))	30 mg	167%	167%
Iodine (as potassium iodide)	150 mcg	100%	100%
Magnesium (as magnesium oxide)	50 mg	13%	11%
Zinc (as zinc bisglycinate chelate)	15 mg	100%	100%
Alpha linoleic acid	50 mg	†	†
DHA	300 mg	†	†
EPA	120 mg	†	†

† Daily Value (DV) not established

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WITH
470 MG
OMEGA 3s
DAILY

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LACTOSE FREE
30 softgels

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DOSAGE AND ADMINISTRATION: Before, during and/or after pregnancy, one softgel daily or as directed by a 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.

KEEP OUT OF REACH OF CHILDREN.

STORAGE: Store at 20° - 25°C (68° - 77°F); excursions permitted to 15° - 30°C (59° - 86°F) [See USP Controlled Room Temperature.]

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