



TriStart DHA
PRENATAL SUPPLEMENT

Supplement Facts
Serving Size: 1 Softgel
Servings per container: 30

	Amount Per Serving	% Daily Value	% Daily Value for Pregnant and Lactating Women
Vitamin C (as ascorbic acid)	55 mg	92%	92%
Vitamin D3 (as cholecalciferol)	1000 IU	250%	250%
Vitamin E (as d-alpha-tocopheryl acetate)	15 IU	50%	50%
Thiamin (as thiamine HCl, Vitamin B1)	1.3 mg	87%	76%
Riboflavin (Vitamin B2)	1.8 mg	106%	90%
Niacin (as nicotinic acid)	5 mg	25%	25%
Vitamin B6 (as pyridoxine HCl)	35 mg	1750%	1400%
Folate (as 630 mcg of L- Methylfolate Magnesium, molar equivalent to 600mcg of L- Methylfolic acid; and 400mcg of folic acid)	1 mg	250%	125%
Vitamin B12 (as cyanocobalamin)	14 mcg	233%	175%
Iron (as carbonyl iron)	31 mg	172%	172%
Iodine (as Potassium Iodide)	200 mcg	133%	133%
Magnesium (as Magnesium Oxide)	30 mg	8%	7%
Docosahexaenoic Acid (DHA)	200mg	*	*
Eicosapentaenoate Acid (EPA)	15 mg	*	*

* Daily Values (DV) not established.

OTHER INGREDIENTS: Gelatin (bovine), Glycerin, Purified Water, Yellow Bees Wax, Caramel Powder, Soy Lecithin, Natural Orange Flavor, Ethyl Vanillin.

Contains : Soy and Fish

TriStart DHA™ Softgel capsules are dye free, lactose, gluten and sugar free. They do not contain any artificial flavors or sweeteners. TriStart DHA™ contains bovine gelatin.

INDICATIONS

TriStart DHA™ is an orally administered multivitamin/multimineral fatty acid dietary supplement indicated to improve the nutritional status of women throughout pregnancy and in the postnatal period for both lactating and nonlactating mothers. TriStart DHA™ can also be beneficial in improving the nutritional status of women prior to conception.¹

¹ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

CONTRAINDICATIONS

TriStart DHA™ is contraindicated in patients with a known hypersensitivity to any of the ingredients.