

OVER 45 YEARS OF EXPERTISE

Nature Made

Postnatal Multi + DHA 200 mg DHA



Contains Folic Acid
& 19 other nutrients
for baby's development
& nursing mom†

1 PER DAY

60 SOFTGELS

Supports nutrition
for mom & baby
during breastfeeding†

Dietary Supplement

†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.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value for Pregnant Women and Lactating Women
Calories 5	
Cholesterol less than 5 mg	1%
Vitamin A (as Beta Carotene) 1299 mcg	99%
Vitamin C (as Ascorbic Acid) 120 mg	100%
Vitamin D ₃ (as Cholecalciferol) 50 mcg (2000 IU)	333%
Vitamin E (as d-Alpha Tocopherol) 19 mg	100%
Vitamin K (as Phytonadione) 90 mcg	100%
Thiamin (as Thiamine Mononitrate) 1.4 mg	100%
Riboflavin 1.6 mg	100%
Niacin (as Niacinamide) 17 mg	94%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	100%
Folate 830 mcg DFE (500 mcg Folic Acid)	139%
Vitamin B ₁₂ (as Cyanocobalamin) 5.8 mcg	207%
Biotin 35 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) 7 mg	100%
Calcium (as Calcium Carbonate) 150 mg	12%
Iron (as Ferrous Fumarate) 9 mg	33%
Iodine (as Potassium Iodide) 150 mcg	52%
Magnesium (as Magnesium Oxide) 45 mg	11%
Zinc (as Zinc Oxide) 12 mg	92%
Omega-3 Fatty Acids (from Fish Oil Concentrate)** 260 mg	*
Omega-3 Docosahexaenoic Acid (DHA)** 200 mg	*
Omega-3 Eicosapentaenoic Acid (EPA)** 60 mg	*

*Daily Value not established.

SUGGESTED USE:

Adults, take 1 softgel daily with water and a meal for optimal absorption.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

✓ No Artificial Flavors
✓ Gluten Free

CAUTION:

If you are taking medication or have blood clotting issues, consult your physician before use.

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

OTHER INGREDIENTS:

Gelatin, Rapeseed Lecithin, Glycerin, Soybean Oil, Water, Dibasic Calcium Phosphate, Yellow Beeswax, Tocopherols, Resin, Ascorbyl Palmitate.

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements.

www.uspverified.org

†† As ethyl esters

Lot:
Exp.: