

100%
QUALITY
SATISFACTION
GUARANTEE

NATURE'S TRUTH®

VITAMINS

ULTRA
PRENATAL
VITAMINS & MINERALS
+ DHA

1 PER DAY

GLUTEN FREE
NON GMO

MULTIVITAMIN
& MINERAL
SUPPLEMENT

60 QUICK RELEASE
SOFTGELS

Supplement Facts

Serving Size: 1 Quick Release Softgel Servings Per Container: 60

Amount Per Serving	% Daily Value For Pregnant and Lactating Women	
Vitamin A (as Retinyl Palmitate)	1,200 mcg	92%
Vitamin C (as Ascorbic Acid)	60 mg	50%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU)	167%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	4.5 mg	24%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.7 mg	121%
Riboflavin (Vitamin B-2)	1.7 mg	106%
Niacin (as Niacinamide)	20 mg	111%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	130%
Folate	1,333 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	286%
Biotin (as d-Biotin)	100 mcg	286%
Calcium (as Calcium Carbonate)	100 mg	8%
Iron (as Ferrous Sulfate)	27 mg	100%
Zinc (as Zinc Oxide)	11 mg	85%
Fish Oil	556 mg	*
provides 250 mg of Total Omega-3 Fatty Acids comprising of:		*
DHA (Docosahexaenoic Acid)	200 mg	*
EPA (Eicosapentaenoic Acid)	30.5 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Gelatin, Vegetable Glycerin, Yellow Beeswax, Sunflower Lecithin, Caramel Color, Titanium Dioxide Color. Contains fish (anchovy) ingredients.



FOR WOMEN BEFORE,
DURING & AFTER PREGNANCY

DIRECTIONS: For adult women, take one (1) quick release softgel daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Store in a cool, dry place.

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.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

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