

21ST
CENTURY®

prenatal

Multivitamin/Mineral + **DHA**

Support for Fetal Brain, Eye and Spinal Cord Development*

For Pregnant & Nursing Mothers



- Contains NO Fish, Mercury or PCBs
- Plant-sourced DHA
- Doctors Recommend DHA During Pregnancy & While Nursing*

2 Step:

**60 Tablets
60 Softgels**

Dietary Supplement



21ST
CENTURY®
**ONE
DAILY**
Women's

Directions: As a dietary supplement, adults take one (1) tablet and one (1) softgel daily with a meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, taking medications, including blood thinners, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Folic Acid should not exceed 1,000 mcg per day.

KEEP OUT OF REACH OF CHILDREN. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin A (100% as Beta-Carotene)	1,200 mcg	92%
Vitamin C (as Ascorbic Acid)	120 mg	100%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg	71%
Thiamin (as Thiamin Mononitrate)	1.8 mg	129%
Riboflavin (Vitamin B-2)	1.7 mg	106%
Niacin (as Niacinamide)	20 mg	111%
Vitamin B-6 (as Pyridoxine HCl)	2.6 mg	130%
Folate	1,334 mcg DFE 222% (800 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	8 mcg	286%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	104%
Zinc (as Zinc Oxide)	25 mg	192%

Other Ingredients: Cellulose, Starch, Stearic Acid, Maltodextrin, Gelatin. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40, FD&C Yellow #6), Croscarmellose Sodium, Magnesium Silicate, Magnesium Stearate, PEG, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide.

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**GUARANTEED QUALITY
LABORATORY TESTED**

500105/500893-0820N-90620

**TRUSTED
QUALITY
FOR OVER
30 YEARS**

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Total Fat	0.5 g	1%†
DHA (docosahexaenoic acid from Schizochytrium sp. oil)	200 mg	**

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

Other Ingredients: High Oleic Sunflower Oil, Gelatin Capsule (Gelatin, Glycerin, Water, FD&C Red #40, Annatto).

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.

ACTUAL SIZE
TABLET

ACTUAL SIZE
SOFTGEL



Prenatal

WITH FOLIC ACID, DHA & IRON

USE AT ALL THREE KEY STAGES
OF PREGNANCY*

BEFORE

DURING

AFTER

21ST Century® Prenatal Multivitamin tablets provide vitamin and mineral supplementation throughout pregnancy and during postnatal period. Includes 100% of the key nutrients for both lactating and non lactating mothers, like folic acid and iron.*

21ST Century® Prenatal DHA softgels are a non-fish source of Omega-3 fatty acids that help support mother and baby during pregnancy and breast feeding.* Prenatal DHA softgels can be taken in combination with the prenatal multivitamin.

***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.**