



# THERA(NAT)AL<sup>®</sup> COMPLETE

PRENATAL VITAMIN & MINERAL SUPPLEMENT

The Most Comprehensive Prenatal

Methylated Folate, 300 mg of DHA,  
75 mcg (3,000 IU) of Vitamin D<sub>3</sub>, B<sub>6</sub> & Choline

Independently Content-Certified by  
NSF<sup>®</sup> International

With 250 mg  
of Choline



Certification Code  
MSC-C-62793

13 Week Supply  
182 Tablets + 91 Softgels

## Supplement Facts

Serving Size: 1 Tablet (pink)  
Servings Per Container: 91

|                                                                | Amount<br>Per Tablet | % Daily Value for<br>Pregnant Women |
|----------------------------------------------------------------|----------------------|-------------------------------------|
| Vitamin A (100% as beta-carotene)                              | 900 mcg              | 89%                                 |
| Vitamin C (as ascorbic acid)                                   | 100 mg               | 83%                                 |
| Vitamin D (as cholecalciferol)                                 | 50 mcg (2000 IU)     | 333%                                |
| Vitamin E (as d-alpha tocopheryl succinate)                    | 20 mg                | 106%                                |
| Vitamin K (as phytonadione)                                    | 90 mcg               | 100%                                |
| Thiamin (as thiamin mononitrate)                               | 5 mg                 | 357%                                |
| Riboflavin (vitamin B <sub>2</sub> )                           | 5 mg                 | 313%                                |
| Niacin (as niacinamide)                                        | 20 mg                | 111%                                |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)           | 30 mg                | 1500%                               |
| Folate (as L-5-methyltetrahydrofolate, calcium)                | 1334 mcg DFE         | 222%                                |
| Vitamin B <sub>12</sub> (as cyanocobalamin)                    | 12 mcg               | 429%                                |
| Biotin (as d-biotin)                                           | 30 mcg               | 86%                                 |
| Pantothenic Acid (as d-calcium pantothenate)                   | 6 mg                 | 86%                                 |
| Choline (as VitaCholine <sup>™</sup> choline L(+) bitartrate)  | 100 mg               | 18%                                 |
| Calcium (as calcium carbonate)                                 | 140 mg               | 11%                                 |
| Iron (as ferrous fumarate)                                     | 27 mg                | 100%                                |
| Iodine (as potassium iodide)                                   | 220 mcg              | 76%                                 |
| Magnesium (as magnesium oxide)                                 | 50 mg                | 13%                                 |
| Zinc (as zinc oxide)                                           | 13 mg                | 100%                                |
| Selenium (as Albion <sup>™</sup> selenium glycinate)           | 70 mcg               | 100%                                |
| Copper (as copper citrate)                                     | 1 mg                 | 77%                                 |
| Chromium (as TRAC <sup>™</sup> chromium amino acid chelate)    | 30 mcg               | 67%                                 |
| Molybdenum (as TRAC <sup>™</sup> molybdenum glycinate chelate) | 50 mcg               | 100%                                |

**Other ingredients:** Microcrystalline cellulose, croscarmellose sodium, sodium citrate, vegetable stearic acid, silicon dioxide, vegetable magnesium stearate, red film coating (hypromellose, polydextrose, calcium carbonate, medium chain triglycerides, carmine)

VitaCholine<sup>™</sup> is a trademark of Balchem Corporation.  
Albion<sup>™</sup> and TRAC<sup>™</sup> are trademarks of Albion Laboratories, Inc.

## Supplement Facts

Serving Size: 1 Tablet (white)  
Servings Per Container: 91

|                                                               | Amount<br>Per Tablet | % Daily Value for<br>Pregnant Women |
|---------------------------------------------------------------|----------------------|-------------------------------------|
| Vitamin D (as cholecalciferol)                                | 25 mcg (1000 IU)     | 167%                                |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)          | 18 mg                | 900%                                |
| Choline (as VitaCholine <sup>™</sup> choline L(+) bitartrate) | 150 mg               | 27%                                 |

**Other ingredients:** Microcrystalline cellulose, croscarmellose sodium, vegetable stearic acid, silicon dioxide, vegetable magnesium stearate, white film coating (hypromellose, polydextrose, calcium carbonate, medium chain triglycerides)

## Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 91

|                             | Amount<br>Per Softgel | % Daily Value for<br>Pregnant Women |
|-----------------------------|-----------------------|-------------------------------------|
| Calories                    | 5                     |                                     |
| Total Fat                   | 0.5 g                 | <1%*                                |
| DHA (Docosahexaenoic Acid)  | 300 mg                | †                                   |
| EPA (Eicosapentaenoic Acid) | 60 mg                 | †                                   |

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established

**Other ingredients:** Fish oil concentrate (from Alaska pollock), gelatin (bovine), glycerin, purified water, annatto (for color), natural mixed tocopherols