



THERA(NAT)AL[®] COMPLETE

PRENATAL VITAMIN & MINERAL SUPPLEMENT

The Most Comprehensive Prenatal

Methylated Folate, 300 mg of DHA,
75 mcg (3,000 IU) of Vitamin D₃, B₆ & Choline

Independently Content-Certified by
NSF[®] 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 Per Tablet	% Daily Value for 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 ₂)	5 mg	313%
Niacin (as niacinamide)	20 mg	111%
Vitamin B ₆ (as pyridoxine hydrochloride)	30 mg	1500%
Folate (as L-5-methyltetrahydrofolate, calcium)	1334 mcg DFE	222%
Vitamin B ₁₂ (as cyanocobalamin)	12 mcg	429%
Biotin (as d-biotin)	30 mcg	86%
Pantothenic Acid (as d-calcium pantothenate)	6 mg	86%
Choline (as VitaCholine [™] 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 [™] selenium glycinate)	70 mcg	100%
Copper (as copper citrate)	1 mg	77%
Chromium (as TRAC [™] chromium amino acid chelate)	30 mcg	67%
Molybdenum (as TRAC [™] 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[™] is a trademark of Balchem Corporation.
Albion[™] and TRAC[™] are trademarks of Albion Laboratories, Inc.

Supplement Facts

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

	Amount Per Tablet	% Daily Value for Pregnant Women
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	167%
Vitamin B ₆ (as pyridoxine hydrochloride)	18 mg	900%
Choline (as VitaCholine [™] 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 Per Softgel	% Daily Value for 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