

CLINICALLY PROVEN ABSORPTION

of Folic Acid and Iron

Folic Acid plays a critical role in the proper development of baby's nervous system and is an essential B vitamin for women.[†]

Iron is an essential mineral for the development of baby's brain during pregnancy, and for women during their reproductive years.[†]

Nature Made® Prenatal All-in-One Softgel is clinically proven to:



Boost Folic Acid levels in one hour[†]



Boost Iron levels in two hours[†]

[†]Based on an 8-hour study, serum levels peaked at one and two hours for folate and iron, respectively. Nutrient levels vary as they are distributed throughout the body.

[†]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.

Nature Made® Prenatal All-in-One Softgel



Choline

Supports baby's brain and spinal cord development[†]

Folate (as Folic Acid)

Supports development of baby's nervous system[†]

DHA

Helps support baby's brain and eye development[†]

17 Additional Key Nutrients

Support mom's and baby's health[†]

20 key nutrients for before and during pregnancy in one daily softgel[†]

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OVER 50 YEARS OF EXPERTISE



— ALL IN ONE SOFTGEL —

NEW

Prenatal

Folic Acid + DHA + Choline



CLINICALLY PROVEN ABSORPTION OF FOLIC ACID & IRON

Supports baby's brain, cognitive and spinal cord development[†]

Multivitamin with 20 key nutrients

Dietary Supplement
60 SOFTGELS



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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 seal under cap is broken or missing.

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

- ✓ No Artificial Flavors
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value for Pregnant Women and Lactating Women
Calories 5	
Vitamin A (as Beta Carotene)	650 mcg 50%
Vitamin C (as Calcium Ascorbate)	85 mg 71%
Vitamin D3 25 mcg (1000 IU) (as Cholecalciferol)	167%
Vitamin E (as d-Alpha Tocopherol)	15 mg 79%
Vitamin K (as Phytonadione)	90 mcg 100%
Riboflavin	1.4 mg 88%
Niacin (as Niacinamide)	18 mg 100%
Vitamin B6 1.9 mg (as Pyridoxine Hydrochloride)	95%
Folate 665 mcg DFE (400 mcg Folic Acid)	111%
Vitamin B12 (as Methylcobalamin)	5.2 mcg 186%
Biotin	30 mcg 86%
Pantothenic Acid 6 mg (as d-Calcium Pantothenate)	86%
Choline (as Choline Bitartrate)	55 mg 10%
Calcium 130 mg (as Calcium Carbonate and Calcium Ascorbate)	10%
Iron (as Ferrous Fumarate)	27 mg 100%
Iodine (as Potassium Iodide)	150 mcg 52%
Magnesium (as Magnesium Oxide)	40 mg 10%
Zinc (as Zinc Oxide)	11 mg 85%
Omega-3 Fatty Acids 260 mg (from Fish Oil Concentrate) ^{††}	*
Omega-3 Docosahexaenoic Acid (DHA) ^{††}	200 mg *
Omega-3 Eicosapentaenoic Acid (EPA) ^{††}	60 mg *

*Daily Value not established.

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.

OTHER

INGREDIENTS: Gelatin, Glycerin, Soybean Oil, Rapeseed Lecithin, Dibasic Calcium Phosphate, Tocopherols, Ascorbyl Palmitate.

DISTRIBUTED BY:

Nature Made Nutritional Products
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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

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