

bräinstrong Prenatal Multivitamin

Serving Size: One (1) Tablet	Servings Per Container: 30	
	Amount Per Serving	% DV
Vitamin A (60% as betacarotene)	6000 IU	75%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D3 (as Cholecalciferol)	800 IU	200%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamin	1.7 mg	100%
Riboflavin	2.0 mg	100%
Niacin	20 mg	100%
Vitamin B6 (Pyridoxine HCl)	2.5 mg	100%
Folate (as Folic Acid)	800 mcg	100%
Vitamin B12	12 mcg	150%
Biotin	330 mcg	110%
Pantothenic Acid (as d-calcium pantothenate)	12 mg	120%
Calcium (as calcium carbonate and dicalcium phosphate)	300 mg	23%
Iron (as carbonyl iron)	33 mg	183%
Phosphorus (as dicalcium phosphate)	115 mg	9%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	60 mg	13%
Zinc (as zinc oxide)	20 mg	133%
Copper (as copper sulfate)	2.0 mg	100%
Chromium (as chromium dinicotinate glycinate)	30 mcg	25%

Other ingredients: Beet powder, croscarmellose sodium, stearic acid, hydroxypropylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide, crospovidone, hydroxypropyl methylcellulose, medium chain triglycerides, inulin.

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.

bräinstrong DHA Softgel

Serving Size: One (1) Softgel	Servings Per Container: 30	
	Amount Per Serving	% DV
Calories	10	
Calories from fat	5	
Total fat	1g	2%**
DHA (docosahexaenoic acid from algal oil)	350 mg	†

**Percent Daily Value based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Modified cornstarch, carrageenan, glycerin, sorbitol, water, beta-carotene, caramel.

Directions: Take one multivitamin and one DHA softgel per day.

Keep out of reach of children.

As with any nutritional supplement, please inform your healthcare professional before use.

Distributed by **Amerifit, Inc.** 55 Sebethe Drive, Cromwell, CT 06416 © Amerifit, Inc. 2010

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bräinstrong™

powered by **life'sDHA™**

Complete prenatal multivitamin plus the highest level of folic acid and DHA available without a prescription!

- DHA helps support healthy infant brain and eye development during pregnancy and throughout breast feeding.*
- All natural plant source of DHA omega-3. Contains no ocean-borne contaminants.
- Folic acid reduces the risk of brain and spinal cord birth defects.*
- Contains vitamins and minerals to support mom's health throughout pregnancy and breast feeding.*

life'sDHA™ is from an all-natural, vegetarian source (algae); not fish. Most people think that fish are the original source of DHA omega-3, but it's really the algae they eat that naturally contains this brain healthy omega-3.* With **life'sDHA™**, you get all the health benefits of DHA without the worry of ocean-borne pollutants and toxins potentially found in certain fish.

life'sDHA™ is a trademark of Martek Biosciences Corporation.

Tamper evident: Product is sealed in blisters. Do not use if blister foil or seal is open or damaged.

Storage Conditions: Store at room temperature. Do not expose to excessive heat, humidity or direct sunlight.

For questions, concerns, or to report an adverse event, please call (800) 722-3476. www.brainstrongdha.com

*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.

350mg of DHA omega-3 per serving

NEW!

bräinstrong™

powered by **life'sDHA™**

Supports brain & eye development for your baby*

Supports a healthy pregnancy*

Contains 100% of the recommended daily dose of folic acid

For pregnant and nursing women

All Vegetarian

not actual size



PRENATAL 30 multivitamins
30 vegetarian DHA softgels

life'sDHA™ is from a fish-free sustainable plant source

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