

USAGE: Take 1 packet per day in divided intakes or as directed by your qualified health care consultant.

PREG-NATAL® + DHA is especially formulated to meet a woman's nutritional needs during pregnancy and lactation.* Extra folic acid, calcium and iron are required for normal fetal development and maternal health.* The Omega-3 fatty acid DHA is required to support brain, nerve and eye development.*

PREG-NATAL® also provides an excellent source of choline, which is important for neurological development of the fetus.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the reach of children.

* 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.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Lot #. Best Used Before: See bottom of bottle.

Jarrow FORMULAS®

Ultra-Low Odor for Sensitive Smell and Taste
During Pregnancy

**PREG
NATAL®** + **DHA**

1000 IU
Vitamin D to
Support Brain
Development*

Omega-3 DHA for Brain,
Nerve and Eye Development*

Provides Nutritional Support
During Pregnancy & Lactation*

30 Packets 180 Easy-Solv® Tabs & 30 Softgels
Dietary Supplement

Supplement Facts

Serving Size 1 Packet

Servings Per Container 30

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin A (as retinyl palmitate and mixed carotenoids, 50/50)	5000 IU 100%	Magnesium (as magnesium oxide)	500 mg 125%
Vitamin C (as calcium ascorbate)	120 mg 200%	Zinc (as zinc L-monomethionine)	15 mg 100%
Vitamin D ₃ (cholecalciferol)	1000 IU 250%	Selenium (from L-selenomethionine)	35 mcg 50%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU 100%	Copper (as copper gluconate)	2 mg 100%
Vitamin K ₁ (phyloquinone)	80 mcg 100%	Manganese (as manganese citrate)	2 mg 100%
Vitamin B ₁ (as thiamine mononitrate)	3 mg 200%	Chromium (from <i>Saccharomyces boulardii</i>)	120 mcg 100%
Vitamin B ₂ (riboflavin)	3.4 mg 200%	Potassium (as potassium chloride)	99 mg 3%
Vitamin B ₃ (as niacinamide)	40 mg 200%	d-gamma tocopherol	30 mg †
Vitamin B ₆ (as pyridoxine hydrochloride)	4 mg 200%	Total Calamari Oil (source of Omega-3)	600 mg †
Folic Acid	800 mcg 200%	DHA (Docosahexaenoic Acid)	250 mg
B ₁₂ (as methylcobalamin)	12 mcg 200%	EPA (Eicosapentaenoic Acid)	36 mg
Biotin	300 mcg 100%	Choline (as choline bitartrate)	110 mg †
Pantothenic Acid (as calcium pantothenate)	20 mg 200%	Inositol	50 mg †
Calcium (as calcium citrate/carbonate)	1200 mg 120%	Lutein	3 mg †
Iron (as amino acid chelate)	25 mg 138%	Organic Ginger (<i>Zingiber officinale</i>)	50 mg †
Iodine (as potassium iodide)	150 mcg 100%		

*% DV for pregnant & lactating women.
† Need in human nutrition not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), natural flavor, food grade coating, mixed tocopherols, rosemary extract and ascorbyl palmitate. Softgel consists of gelatin, glycerin, water and is colored with carob as a light barrier.

Contains: Soy (in trace amounts) and calamari.

No wheat, no gluten, no dairy, no egg, no peanuts/tree nuts.

06512PRENA
PROD # 101023

Distributed Exclusively by:
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**EASY
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