

Other ingredients: sunflower oil, modified starch, carrageenan, glycerin, sorbitol, candellilla wax, purified water, sunflower lecithin, annatto color, natural flavors

**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.

**FREE FROM** GLUTEN, YEAST-DERIVED INGREDIENTS, AND WHEAT

**Keep out of reach of children.** Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.



life'sDHA<sup>®</sup> is a trademark of DSM.



◆ LG11209.D01 BLK9030D

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**HIGH POTENCY FOLATE & IRON**



**VEGAN FORMULA**

**Alive!**

COMPLETE

**PREMIUM PRENATAL MULTIVITAMIN**

Orchard Fruits™ & Garden Veggies™ Powder Blend (100 mg per serving)

with **200 mg PLANT DHA** per serving

**60 VEGAN SOFTGELS • DIETARY SUPPLEMENT**

**Recommendation:** For women that are pregnant, nursing, or trying to conceive, swallow 2 softgels daily, preferably with food. Do not chew. Do not exceed recommended dose. **Warning:** Do not take this product if you have known hypersensitivity to iodine or thyroid dysfunction. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

**Supplement Facts**

Serving Size 2 Softgels / Servings per Container 30

Amount per Serving	% DV†
Calories	15
Total Fat	1 g 1%†
Saturated Fat	0 g 0%†
Trans Fat	0 g **
Total Carbohydrate	<1 g <1%†
Vitamin A (as 50% beta-carotene [650 mcg], 50% as retinyl palmitate [650 mcg])	1,300 mcg 100%
Vitamin C (as calcium ascorbate)	120 mg 100%
Vitamin D3 (as cholecalciferol)	8.25 mcg 55%
Vitamin E (as d-alpha tocopherol)	19 mg 100%
Vitamin K (as phytonadione)	80 mcg 89%
Thiamin (as thiamin mononitrate)	2.8 mg 200%
Riboflavin	3.2 mg 200%
Niacin (as niacinamide)	18 mg 100%
Vitamin B6 (as pyridoxine HCl)	4 mg 200%
Folate	667 mcg DFE 111% (400 mcg Folic Acid)
Vitamin B12 (as methylcobalamin)	5.6 mcg 200%
Biotin	35 mcg 100%
Pantothenic Acid (as D-calcium pantothenate)	7 mg 100%

Amount per Serving	% DV†
Choline (as choline bitartrate)	11 mg 2%
Calcium (as dicalcium phosphate, calcium ascorbate)	200 mg 15%
Iron (as ferrous fumarate)	27 mg 100%
Iodine (as potassium iodide)	190 mcg 66%
Magnesium (as magnesium oxide)	88 mg 22%
Zinc (as zinc glycinate)	13 mg 100%
Selenium (as L-selenomethionine)	140 mcg 200%
Copper (as copper bisglycinate)	1.3 mg 100%
Sodium	15 mg 1%
DHA (Docosahexaenoic Acid from Algal [ <i>Schizochytrium</i> sp.] Oil)	200 mg **
Orchard Fruits™ & Garden Veggies™ Powder Blend: Spinach, Pea, Cabbage, Cauliflower, Asparagus, Broccoli, Brussels Sprout, Cucumber, Apple, Tomato, Açai, Cherry, Grape, Raspberry, Plum, Beet, Carrot, Banana, Blueberry, Pineapple, Strawberry, Cranberry	100 mg **
Inositol	10 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.