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Made In The USA with select ingredients from around the world



OPTIMAL SOLUTIONS®

PRENATAL MULTI HEALTHY MOM

WOMEN'S HEALTH

**Supports Baby's Healthy
 Growth and Development***

60 Softgels

DIETARY SUPPLEMENT

**200 mg
 Plant Based
 DHA
 per serving**

DIRECTIONS: For adult women, take two (2) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 2 Softgels
 Servings Per Container 30

Amount Per Serving	%Daily Value for Pregnant and Lactating Women	Amount Per Serving	%Daily Value for Pregnant and Lactating Women
Calories	10	Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 143%
Total Carbohydrate	0.5 g <1%**	Calcium (as Calcium Carbonate)	200 mg 15%
Vitamin A (as Beta-Carotene)	1,200 mcg 92%	Iron (as Ferrous Fumarate)	28 mg 104%
Vitamin C (as Ascorbic acid)	100 mg 83%	Iodine (as Potassium Iodide)	290 mcg 100%
Vitamin D (as D3 Cholecalciferol)	15 mcg (600 IU) 100%	Zinc (as Zinc Oxide)	15 mg 115%
Vitamin E (as dl-Alpha Tocopheryl)	13.5 mg 71%	Copper (as Cupric Sulfate)	2 mg 154%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg 129%	Ginger Extract (<i>Zingiber officinale</i>) (root)	200 mg ***
Riboflavin (Vitamin B-2)	1.7 mg 106%	Docosahexaenoic Acid (DHA) 200 mg from DHA rich oil derived from a plant based algae (<i>Schizochytrium sp.</i>)	200 mg ***
Niacin (as Niacinamide)	20 mg 111%		
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg 130%		
Folate 600 mcg DFE (360 mcg folic acid)	100%		
Biotin (as d-Biotin)	100 mcg 286%		

**Percent Daily Values are based on a 2,000 calorie diet
 ***Daily Value not established

Other Ingredients: Gelatin, Vegetable Glycerin, Sunflower Oil. **Contains <2% of:** Annatto Extract (color), Ascorbyl Palmitate, Corn Oil, Dextrin, Natural Flavors, Silica, Sorbitol, Soy Lecithin, Titanium Dioxide Color, Tocopherols.

Contains soy ingredients.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with

certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.



OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With nearly 50 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with only the purest ingredients...guaranteed. Beauty Starts on the Inside.™

- Gluten Free**
- Guaranteed Quality**
- Laboratory Tested**

No Artificial Flavor, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Nutrition Questions or Comments?
 Call 1-800-433-2990
 Mon. - Sat. 9 AM - 7 PM ET

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Prod. No. 64821 Label No. 10910 B79317 01B

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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