

Directions for Use: Take three (3) capsules, one time per day, with a meal.

Our exclusive OB/GYN-developed and recommended formula is made with professional-grade ingredients, which address pregnancy-related symptoms and deliver vital nourishment to mother and baby. **PRENATAL WITH VEGAN DHA** provides extra confidence to ensure you and your baby are receiving the critical nutrients necessary for proper human development.*

Key Ingredients:

DHA—A polyunsaturated omega 3 fatty acid, which plays an important role in fetal development and may help support optimal infant brain, eye and nervous system development. May improve eye-hand coordination, motor skills and attention span.

Folic Acid as Quatrefolic® is the methylated form of natural folate, which is highly absorbable. Folate helps ensure proper formation of the baby's brain and spinal cord.

Organic Ginger Root—A renowned herb that may help relieve occasional morning sickness, nausea and vomiting. May help improve digestion.

GFF Proprietary Probiotic Blend—Provides beneficial bacteria for regulating and maintaining a healthy gastro-intestinal tract. May help relieve occasional constipation, improves digestion, and boosts immunity of mother and baby.

Multi-Vitamin Complex—A comprehensive blend of high-quality essential vitamins to prepare for and support a healthy pregnancy including iron, iodine, magnesium, zinc, chromium, choline, calcium, B1, B3, B6, B12, A, C, D and E.

Chromium—100% Certified Organic Chromium derived from all natural Moringa leaf extract. Helps to maintain a normal level of glucose. Promotes the building of protein in your baby's growing tissues.

Greens **FIRST** Female™

Prenatal WITH VEGAN DHA Plus Probiotics

Professional-Grade Prenatal Multi-Vitamin

Developed & Recommended by OB/GYNs

- Prepare
- Digestion
- Nourish
- Immunity
- Protect
- Anti-Nausea

This product is suitable for
vegans and vegetarians.

Dietary Supplement

90 Vegetable Capsules

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

Amount per Serving	For Pregnant & Lactating Women	% Daily Value
Vitamin A (as Natural Beta Carotene)	CaroCare® 5000 IU	63%
Vitamin C (from Organic Acerola Fruit Extract)	60 mg	100%
Vitamin D (as Cholecalciferol)	1400 IU	350%
Vitamin E (as D-Alpha Tocopheryl Succinate)	30 IU	150%
Vitamin B1 (Thiamine as Thiamine HCl)	3 mg	176%
Vitamin B3 (Niacin as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1,000%
Folate (as [6S]-5-Methyltetrahydrofolic Acid Glucosamine Salt) Quatrefolic®	864 mcg	108%
Vitamin B12 (as Methylcobalamin)	8 mcg	100%
Calcium (as Calcium Carbonate)	300 mg	23%
Iron (as Ferrous Fumarate)	30 mg	167%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Citrate)	50 mg	11%
Zinc (as Zinc Picolinate)	10 mg	67%
Chromium (as Orgen-Cm® Organic Moringa Leaf Extract)	35 mcg	↑
OmegaH2O® Powdered DHA Algal Oil Complex	250 mg	↑
Organic Ginger Root Powder	25 mg	↑
Choline (as Choline Bitartrate)	15 mg	↑
Probiotic Blend Complex (2 Billion CFU), 12 mg		↑
Lactobacillus acidophilus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium infantis, Lactobacillus reuteri		

↑ Daily Value not established

Other Ingredients: Hypromellose (Capsule), OmegaH2O® (Dextrin, Algal Oil, Potassium Bicarbonate, Green Tea Leaf Extract, Oleic Acid, Ascorbic Acid (to protect flavor), Alpha Tocopherol (from sunflower oil), Rebaidiodine A, and Natural Flavor), Microcrystalline Cellulose, Magnesium Stearate.

Before taking this supplement, tell your healthcare provider if you are allergic to iodine or potassium iodine.

Chromium from Orgen-Cm®, a registered trademark of Origenetics, Inc. Quatrefolic® is a registered trademark of Gnosis S.p.A. US Patent # 7,947,662. Esol® OmegaH2O® is a registered trademark of Virun. CaroCare® is a trademark of DSM.

PRENATAL DHA contains highest quality, professional-grade ingredients manufactured in a FDA-approved cGMP facility and independently tested for potency and purity.



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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.