

Suggested Usage: Take 3 softgels daily with food.

*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.

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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details. Natural color variation may occur in this product.

Store in a cool, dry place after opening.



SOFTGEL SIZE

EUA # 1482865
CODE 3809 V7



Prenatal Gels + DHA

Multi Vitamin & Mineral

- With 250 mg DHA per serving to support Healthy Eye and Brain Development*
- Plus Borage Oil (GLA)

90 Softgels
A Dietary Supplement



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value**
Calories	15	
Total Fat	1.5 g	2%**
Vitamin A (100% as Beta-Carotene)	1,500 mcg	115%
Vitamin C (from Calcium Ascorbate)	120 mg	100%
Vitamin D-3 (as Cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (as d-alpha Tocopheryl Acetate)	67 mg	353%
Vitamin K-1 (as Phytonadione)	15 mcg	17%
Thiamin (Vitamin B-1) (from Thiamin HCl)	5 mg	357%
Riboflavin (Vitamin B-2)	5 mg	313%
Niacin (Vitamin B-3) (as Niacinamide)	13 mg	72%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folate	1,360 mcg DFE (800 mcg folic acid)	227%
Vitamin B-12 (as Methylcobalamin)	500 mcg	17,857%
Biotin	300 mcg	857%
Pantothenic Acid (from Calcium Pantothenate)	20 mg	286%
Choline (from Choline Bitartrate)	10 mg	2%
Calcium [from Calcium Carbonate (Aquamin® Seaweed Derived Minerals), Calcium Citrate and Calcium Ascorbate]	400 mg	31%
Iron (from Ferrous Bisglycinate) (Ferrochel™)	27 mg	100%
Iodine (from Potassium Iodide)	150 mcg	52%
Magnesium (from Magnesium Oxide, Aquamin® Seaweed Derived Minerals and Magnesium Citrate)	200 mg	50%
Zinc (from Zinc Bisglycinate) (TRAACS™)	15 mg	115%

Selenium (from Selenium Glycinate) (Albion™)	70 mcg	100%
Copper (from Copper Bisglycinate) (TRAACS™)	2 mg	154%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	77%
Chromium (from Chromium Nicotinate Glycinate) (TRAACS™)	120 mcg	267%
Molybdenum (from Molybdenum Glycinate) (TRAACS™)	75 mcg	150%
Potassium (from Potassium Chloride)	25 mg	< 1%
Fish Oil Concentrate	650 mg	†
DHA (Docosahexaenoic Acid)	250 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
Borage Oil (Seed)	125 mg	†
GLA (Gamma-Linolenic Acid)	25 mg	†
Inositol	10 mg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>)	500 mcg	†
Lycopene (from Tomato Extract)	350 mcg	†
Vitamin K-2 (as Menaquinone)	20 mcg	†

** Percent Daily Values for Pregnant and Lactating Women.
† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Rice Bran Oil, Beeswax, Soy Lecithin and Lemon Oil. Contains fish (tuna, anchovies) and soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, milk, egg or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.



Albion™, Ferrochel™ and TRAACS™ are trademarks of Albion Laboratories, Inc. Aquamin® is a registered trademark of Marigot Limited.