

**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](http://nowfoods.com/biotinlab) for details. Natural color variation may occur in this product.

SOFTGEL SIZE

EUA # 1482865  
CODE 3811 V7



# Prenatal Gels + DHA

Multi Vitamin & Mineral

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

180 Softgels  
A Dietary Supplement



Vitamins

Family owned since 1968.

## Supplement Facts

Serving Size 3 Softgels Servings Per Container 60

	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 Phyttonadione)	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](http://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. Store in a cool, dry place after opening.

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