



01/2023
C2100113A

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take four (4) softgels daily in divided doses with meals, or as recommended by a healthcare practitioner.

CAUTION: Individuals consuming more than 50 mcg (2,000 IU)/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Vitamin D supplementation is not recommended for individuals with high blood calcium levels. If you are taking Warfarin (Coumadin®) or related medications, consult your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Melafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. L-OptiZinc® & logo are trademarks of Lonza or its affiliates. SelenoExcell® is a registered trademark of Cypress Systems Inc. TRAACS® is a registered trademark of Albion Laboratories, Inc.



LIFE EXTENSION®



Prenatal Advantage

Nutrients for Moms
& Developing Infants



GLUTEN FREE



Complete Multivitamin Choline ♥ Folic Acid ♥ DHA

120 EASY-TO-SWALLOW
SOFTGELS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 4 Softgels • Servings Per Container 30

Amount Per Serving	% Daily Values for Pregnant and Lactating Women
Vitamin A (as beta-carotene) (4,333 IU)	1300 mcg* 100%
Vitamin C (as ascorbic acid, calcium and niacinamide ascorbates)	120 mg 100%
Vitamin D3 (as cholecalciferol) (1,000 IU)	25 mcg 167%
Vitamin E (as D-alpha tocopheryl succinate)	15 mg 79%
Vitamin K (as phytonadione, menaquinone-4, trans-menaquinone-7)	90 mcg 100%
Thiamine (Vitamin B1) (as thiamine HCl)	1.4 mg 100%
Riboflavin (Vitamin B2) (as riboflavin 5'-phosphate)	1.6 mg 100%
Niacin (as niacinamide, niacinamide ascorbate)	18 mg* 100%
Vitamin B6 (as pyridoxal 5'-phosphate)	2 mg 100%
Folate (as folic acid, Methylfolate, 5-methyltetrahydrofolate calcium salt)	1020 mcg* 170%
Vitamin B12 (as methylcobalamin)	8 mcg 266%
Biotin	35 mcg 100%
Pantothenic acid (as D-calcium pantothenate)	7 mg 100%
Iron (as ferrous fumarate)	27 mg 100%
Iodine (as potassium iodide)	290 mcg 100%
Zinc (as L-OptiZinc® zinc mono-L-methionine sulfate, zinc citrate)	13 mg 100%
Selenium (as SelenoExcell® high selenium yeast, sodium selenite)	70 mcg 100%
Copper (as copper bisglycinate chelate) (TRAACS®)	1.3 mg 100%
Manganese (as manganese gluconate, citrate)	2.6 mg 100%
Chromium (as chromium nicotinate glycinate)	45 mcg 100%
Molybdenum (as molybdenum glycinate)	50 mcg 100%
Choline (as choline bitartrate)	275 mg 50%
Potassium (as potassium chloride)	98 mg 2%
DHA (from algae oil, Schizochytrium sp.)	200 mg
Marigold extract (Tagetes erecta) (flower) (providing 3.5 mg lutein, 700 mcg zeaxanthin)	17.5 mg

*Daily Value not established. **RAE (retinol activity equivalents).
*DPE (dietary folate equivalents). **NE (niacin equivalents).

Manufactured for: Quality Supplements and Vitamins, Inc.

Ft. Lauderdale, FL 33309 • LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

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.

Other ingredients: sunflower oil, gelatin, glycerin, purified water, beeswax, sunflower lecithin, annatto color, silica.