

• **Calcium 600** — Additional calcium during pregnancy is vital to you and your baby, particularly during the third trimester when fetal bones begin to calcify.*

• **DHA 200** — DHA (docosahexaenoic acid), an omega-3 fatty acid naturally present in fish, is the predominant structural fatty acid in the brain and retina. DHA is passed through the placenta to the baby, and then following childbirth, it is passed through breastmilk.

Supplementing with DHA helps pregnant and nursing moms replenish DHA necessary for healthy brain and eye function development.*

GNC Women's DHA is ultra pure and natural. It has been purified and manufactured for freshness. We use the ICP-MS (Inductively Coupled Plasma Mass Spectroscopy) method to verify the absence of contaminants like lead, arsenic and mercury, and PCBs.

A complete nutritional program should be followed prior to conception through pregnancy and maintained when breastfeeding. Talk to your doctor about adding GNC Women's Prenatal Program to your regimen.

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

CODE: 286512

All products may be taken together at one time or spread throughout the day.

Prenatal Formula

Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 30

Amount Per Serving		% Daily Value†
Vitamin A (as beta-Carotene)	4500 IU	56%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Cholecalciferol D-3)	400 IU	100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.4 mg	82%
Riboflavin (Vitamin B-2)	1.6 mg	80%
Niacin (as Niacinamide)	18 mg	90%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	400%
Folic Acid	1000 mcg	125%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Biotin	35 mcg	12%
Pantothenic Acid (as Calcium d-Pantothenate)	7 mg	70%

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

Folic Acid intake should not exceed 125% of the DV (1000 mcg)

Calcium 600

Directions: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet

Amount Per Serving		% Daily Value†
Calcium (as Calcium Carbonate)	600 mg	46%

†Daily Value for pregnant or lactating women.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

All mineral amounts shown are elemental.

Potency verified by GNC procedure

#4000. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

FJG

Amount Per Serving		% Daily Value†
Calcium (as Calcium Carbonate)	600 mg	46%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	290 mcg	193%
Magnesium (as Magnesium Oxide)	200 mg	44%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Selenium Yeast)	70 mcg	100%
Copper (as Copper Gluconate)	1.3 mg	65%
Manganese (as Manganese Sulfate)	2.6 mg	130%
Chromium (as Chromium Yeast)	45 mcg	37%
Molybdenum (as Sodium Molybdate)	50 mcg	66%
Boron (as Boron Citrate)	150 mcg	*
Choline (as Choline Bitartrate)	550 mcg	*

†Daily Value for pregnant or lactating women.

*Daily Value not established.

Potencies verified by GNC procedure #5015. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

DHA 200

Directions: As a dietary supplement, take one capsule daily with food.

Supplement Facts

Serving Size One Capsule

Amount Per Serving		
DHA (Docosahexaenoic Acid)(Omega-3)	200 mg	*
EPA (Eicosapentaenoic Acid)(Omega-3)	14 mg	*

*Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

ACTUAL SIZE

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.

No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten, No Dairy.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

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GNC QUALITY COMMITMENT

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GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!



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GNC WOMEN'S



PRENATAL PROGRAM
DIETARY SUPPLEMENT

Complete multivitamin & nutritional support

- 1000 mcg folic acid, essential for mom-to-be and her developing baby
- 200 mg DHA, vital for baby's brain and eye development
- 1200 mg bone-strengthening calcium

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30-Day Program

PRENATAL PROGRAM

Pregnancy is a special time in a woman's life. Not only do you need to meet your individual nutritional needs, but you must also meet the requirements of your developing baby. Maternal nutrition before, during and after pregnancy affects both the mother's well-being and the infant's growth. As your baby develops through the early phases of life, your nutritional needs will also increase. A balanced diet focusing extra attention to nutrients like calcium, iron and folic acid is recommended. After delivery, an adequate diet is needed to support nursing and to replace depleted nutrient stores.

• **Prenatal Formula** — A delicately blended multivitamin that provides you and your baby with supplemental levels of essential nutrients.

This special formula features 1000 mcg of folic acid, a critical nutrient during the earliest weeks of pregnancy when a baby's organs are forming. Adequate intake of folic acid in a healthy diet before and in early pregnancy may reduce the risk of birth defects of the brain and spinal cord.

In addition to 600 mg of bone-strengthening calcium and 400 IU of vitamin D-3 to enhance calcium absorption, this formula provides iron to support placental and fetal needs and a mother's increased blood volume.*

More information continued on next panel.

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