

NATURE'S BOUNTY

Your Life
MULTI

MULTIMINERAL
MULTIVITAMIN

For Use Before, During
& After Pregnancy

Prenatal

SPECIALTY FORMULA

800 mcg of Folic Acid & B Vitamins
Support Fetal Development
and Energy Metabolism*

ONE
per Day

60 SOFTGELS

HIGH POTENCY
VITAMIN SUPPLEMENT

plus
200mg of DHA
per serving

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value for Pregnant and Lactating Women	
Vitamin A (as Beta-Carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	106%
Riboflavin (Vitamin B-2)	1.7 mg	85%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	156%
Zinc (as Zinc Oxide)	25 mg	167%
Copper (as Copper Sulfate)	2 mg	100%
Fish Oil Concentrate	530 mg	**
provides 230 mg of Omega-3 Fatty Acids†, comprising of:		**
Eicosapentaenoic Acid (EPA) 30 mg		**
Docosahexaenoic Acid (DHA) 200 mg		**
Other Fatty Acids		**

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. Contains <2% of: Annatto Color, Natural Flavor, Silica, Soy Lecithin, Titanium Dioxide Color.

Contains soy and fish (anchovy, sardine) ingredients.

†As Natural Triglycerides

1 PER DAY SOFTGEL FORMULA FOR MAXIMUM RESULTS.

Your Life® Multi Prenatal is a comprehensive high potency multi vitamin and mineral supplement with beneficial amounts of Folic Acid for added health before, during and after pregnancy.* The combination of high potency vitamins and minerals promotes the healthy development of your growing child.* Our unique formula also includes the Omega-3 fatty acids EPA and DHA.

DIRECTIONS: For adult women, take one (1) softgel daily, preferably with a meal.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

*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.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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