



Prenatal + DHA

multivitamin

healthy pregnancy[†] | fetal development[†]

120 Tablets • Dietary Supplement

gluten
free

nut
free

actual size

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.

Supplement Facts

Serving Size 4 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as acetate and beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	75 IU	250%
Vitamin K (as phytonadione)	100 mcg	125%
Vitamin B1 (as thiamine HCl)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Vitamin B5 (as calcium pantothenate)	40 mg	400%
Calcium (as carbonate, citrate, amino acid chelate)	800 mg	80%
Iron (as amino acid chelate)	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as oxide, citrate, amino acid chelate)	450 mg	113%
Zinc (as methionine)**	15 mg	100%
Selenium (as amino acid chelate)	100 mcg	143%
Copper (as amino acid chelate)	2 mg	100%
Manganese (as amino acid chelate)	5 mg	250%
Chromium (as polynicotinate)**	200 mcg	167%

	Amount Per Serving	% Daily Value
Molybdenum (as amino acid chelate)	25 mcg	33%
Potassium (as amino acid chelate)	25 mg	1%
Inositol	10 mg	*
Choline (as bitartrate)	10 mg	*
PABA (Para-aminobenzoic acid)	10 mg	*
DHA (Docosahexaenoic Acid) Powder***	50 mg	*
Ginger Root Powder	75 mg	*
Chamomile Flowers Extract	50 mg	*
Raspberry Leaves	25 mg	*

* Daily Value not established.

Other ingredients: Cellulose, stearic acid, croscarmellose, vanilla flavor, silica, magnesium stearate.

Contains: Milk and Soy.

Does not contain: Wheat, Gluten, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

Directions: As a dietary supplement, take four (4) tablets daily, preferably with meals.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal
is broken or missing.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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.

▼ 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.

** L-OptiZinc™ (U.S. Patents 4,764,633 and 5,278,329) and ChromeMate® are trademarks of InterHealth Company.

***From Neuromins™, a highly purified source of DHA (Docosahexaenoic Acid) from microalgae. Neuromins™ is a trademark of Martek.

Item No. VS-3239

1952837

