

**USAGE:** Take 1 packet per day in divided intakes or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition or taking medications, consult your healthcare professional before using this product.

**Preg-Natal® + DHA** is especially formulated to meet a woman's nutritional needs during pregnancy and lactation.\* Extra folic acid, calcium and iron are required for normal fetal development and maternal health.\* The Omega-3 fatty acid DHA is required to support brain, nerve and eye development.\*

Preg-Natal® also provides an excellent source of choline, which is important for neurological development of the fetus.\*

**HEALTH CLAIM:** Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the reach of children.  
Store in a cool, dry place.

\* 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.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

Lot #. Best Used Before: See bottom of bottle.

**Jarrow  
FORMULAS®**

**Ultra-Low Odor for Sensitive  
Smell and Taste During Pregnancy**

# Preg-Natal® + DHA



**Omega-3 DHA for Brain,  
Nerve and Eye Development\***

**Provides Nutritional Support  
During Pregnancy & Lactation\***

**30  
PACKETS**

**DIETARY  
SUPPLEMENT**

**EASY  
SOLV®**

**Includes**  
180 EASY-SOLV® TABLETS  
and 30 SOFTGELS

**1000 IU  
Vitamin D to  
Support Brain  
Development\***

## **Supplement Facts**

Serving Size 1 Packet (Containing 6 tablets and 1 softgel) Servings Per Container 30

	Amount Per Serving	% DV*		Amount Per Serving	% DV*
<b>Tablets (six tablets)</b>					
Vitamin A	5000 IU	100% (as retinyl palmitate and mixed carotenoids, 50/50)		Magnesium	500 mg 125%
Vitamin C	120 mg	200% (as calcium ascorbate)		Zinc	15 mg 100% (as zinc L-monomethionine)
Vitamin D <sub>3</sub> (cholecalciferol)	1000 IU	250%		Selenium	35 mcg 50% (from L-selenomethionine)
Vitamin E	30 IU	100% (as d-alpha-tocopheryl succinate)		Copper (as copper gluconate)	2 mg 100%
Vitamin K <sub>1</sub> (phylloquinone)	80 mcg	100%		Manganese	2 mg 100% (as manganese citrate)
Vitamin B <sub>1</sub>	3 mg	200% (as thiamine mononitrate)		Chromium	120 mcg 100% (from <i>Saccharomyces boulardii</i> )
Vitamin B <sub>2</sub> (riboflavin)	3.4 mg	200%		Potassium	99 mg 3% (as potassium chloride)
Vitamin B <sub>3</sub> (as niacinamide)	40 mg	200%		d-gamma tocopherol	30 mg †
Vitamin B <sub>6</sub>	4 mg	200% (as pyridoxine hydrochloride)		Choline (as choline bitartrate)	110 mg †
Folic Acid	800 mcg	200%		Inositol	50 mg †
B <sub>12</sub> (as methylcobalamin)	12 mcg	200%		Lutein	3 mg †
Biotin	300 mcg	100%		Organic Ginger	50 mg † ( <i>Zingiber officinale</i> )
Pantothenic Acid	20 mg	200% (as calcium pantothenate)		<b>Softgel (one softgel)</b>	
Calcium	1200 mg	120% (as calcium citrate/carbonate)		Total Calamari Oil	600 mg † (source of Omega-3)
Iron (as amino acid chelate)	25 mg	138%		DHA (Docosahexaenoic Acid)	250 mg
Iodine	150 mcg	100% (as potassium iodide)		EPA (Eicosapentaenoic Acid)	65 mg

\*% DV for pregnant & lactating women.

† Need in human nutrition not established.

Other Ingredients (tablet): Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source) and a food grade coating (natural French vanilla flavor).

Other Ingredients (softgel): Natural lemon flavor, proprietary antioxidant blend (consisting of natural mixed tocopherols [soy], rosemary extract and ascorbyl palmitate). Softgel consists of gelatin, glycerin, water and is colored with carob as a light barrier.

Contains: Calamari (a non-crustacean shellfish).  
No wheat, no gluten, no dairy, no egg, no peanuts/tree nuts.

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