

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 FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

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

Jarrow
FORMULAS®

1000 IU
Vitamin D to
Support Brain
Development*

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*

**EASY
SOLV®**

Includes
180 EASY-SOLV® TABLETS
and 30 SOFTGELS

30
PACKETS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Packet (Containing 6 tablets and 1 softgel)			Servings Per Container 30		
Amount Per Serving		% DV*	Amount Per Serving		% DV*
Tablets (six tablets)					
Vitamin A (as retinyl palmitate and mixed carotenoids, 50/50)	5000 IU	100%	Magnesium (as magnesium oxide)	500 mg	125%
Vitamin C (as calcium ascorbate)	120 mg	200%	Zinc (as zinc L-monomethionine)	15 mg	100%
Vitamin D ₃ (cholecalciferol)	1000 IU	250%	Selenium (from L-selenomethionine)	35 mcg	50%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU	100%	Copper (as copper gluconate)	2 mg	100%
Vitamin K ₁ (phyloquinone)	80 mcg	100%	Manganese (as manganese citrate)	2 mg	100%
Vitamin B ₁ (as thiamine mononitrate)	3 mg	200%	Chromium (from <i>Saccharomyces boulardii</i>)	120 mcg	100%
Vitamin B ₂ (riboflavin)	3.4 mg	200%	Potassium (as potassium chloride)	99 mg	3%
Vitamin B ₃ (as niacinamide)	40 mg	200%	d-gamma tocopherol	30 mg	†
Vitamin B ₆ (as pyridoxine hydrochloride)	4 mg	200%	Choline (as choline bitartrate)	110 mg	†
Folic Acid	800 mcg	200%	Inositol	50 mg	†
B ₁₂ (as methylcobalamin)	12 mcg	200%	Lutein	3 mg	†
Biotin	300 mcg	100%	Organic Ginger (<i>Zingiber officinale</i>)	50 mg	†
Pantothenic Acid (as calcium pantothenate)	20 mg	200%	Softgel (one softgel)		
Calcium (as calcium citrate/carbonate)	1200 mg	120%	Total Calamari Oil (source of Omega-3)	600 mg	†
Iron (as amino acid chelate)	25 mg	138%	DHA (Docosahexaenoic Acid)	250 mg	
Iodine (as potassium iodide)	150 mcg	100%	EPA (Eicosapentaenoic Acid)	65 mg	
			*% DV for pregnant & lactating women.		
			† Need in human nutrition not established.		

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† 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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