## Prenatal Multi with DHA & Folic Acid

- Nutritional support for pregnant & nursing mothers
- ▶ DHA for brain & eye development\*
- Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect

**Recommendation:** Take 2 tablets twice daily.

Natural. No preservatives, artificial flavors or colors. No yeast, milk, lactose, wheat, or corn.

Satisfaction Guaranteed. Freshness & safety sealed. Do not use if seals are broken or missing.

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. Do not take with sulfonamide since PABA interferes with the activity of this drug.

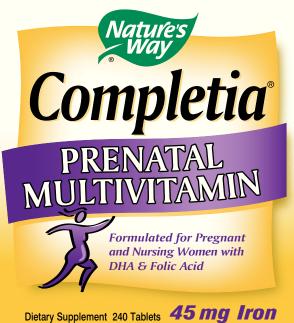
\*These statements have not been evaluated by the Food & Drug Administration This product is not intended to diagnose, treat, cure or prevent any disease.



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## **Supplement Facts**

Serving Size 2 Tablets Servings Per Container 120

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	Per Serving Amount % DV		Per Day (4 Tablets) Amount % DV			Per Serving Amount % DV		Per Day (4 Tablets) Amount % DV		
Calories			10		Iron (as iron gluconate)	22.5 mg	125%	45 mg	2509	
Total Carbohydrate	<1 g	<1%†	1 g	<1%†	lodine (from Pacific kelp powder)	75 mcg	50%	150 mcg	1009	
Dietary Fiber	<1 g	3%†	1 g	5%†	Magnesium (as citrate/oxide)	150 mg	33%	300 mg	679	
Vitamin A	4000 IU	50%	8000 IU	100%	Zinc (as amino acid chelate)	7.5 mg	50%	15 mg	1009	
(100% as beta carotene) Provi beta carotene	ding (typical analysis): 2250 mcg		4500 mca	n	Selenium (as L-selenomethionine)	12.5 mcg	**	25 mcg	*	
gamma carotene	2.25 mcg		4.5 mcg		Copper (as amino acid chelate)	1 mg	50%	2 mg	1009	
trans beta carotene beta zea carotene	2.15 mcg 0.45 mcg		4.32 mcg 0.9 mcg		Manganese (as amino acid chelate)	1 mg	**	2 mg	*	
Vitamin C (as calcium ascorbate)	60 mg	100%	120 mg	200%	Chromium (as polynicotinate)	25 mcg	**	50 mcg	*	
Vitamin D3 (as cholecalciferol)	200 IU	50%	400 IU	100%	Sodium	15 mg	**	30 ma	*	
Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%	30 IU	100%	Potassium (as amino acid chelate)	25 mg	**	50 mg		
Vitamin K (as phytonadione)	45 mcg	**	90 mcg	**						
Thiamin (as thiamin mononitrate)	850 mcg	50%	1.7 mg	100%	DHA (docosahexaenoic acid (tuna))	25 ma	**	50 ma	,	
Riboflavin (Vitamin B2)	1 mg	50%	2 mg	100%	Red Raspberry (leaf)	25 mg	**	50 mg	*	
Niacin (as niacinamide)	10 mg	50%	20 mg	100%	Dandelion (root)	25 mg	**	50 mg	*	
Vitamin B6 (as pyridoxine HCI)	1.25 mg	50%	2.5 mg	100%	Nettle (leaf)	25 mg	**	50 mg	*	
Folic Acid	400 mcg	50%	800 mcg	100%	Peppermint (leaf)	25 mg	**	50 mg	-	
Vitamin B12 (as cyanocobalamin)	4 mcg	50%	8 mcg	100%	Inositol	5 mg	**	10 mg	*	
Biotin	150 mcg	50%	300 mcg	100%	Choline (as choline bitartrate)	2 mg	**	4 mg	,	
Pantothenic Acid (as d-calcium pantothenate)	5 mg	50%	10 mg	100%	PABA (para aminobenzoic acid)	1 mg	**	2 mg	*	
Calcium (as carbonate, citrate, ascorbate)	360 mg	28%	720 mg	55%	† Percent Daily Values are based on a 2,000 calorie diet.  ** Daily Value (DV) not established.					

magnesium stearate. Vegetarian glycerin.