

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.

 ©2012 Nature's Way Products, LLC,
Green Bay, WI 54311 USA
1-800-9NATURE
www.naturesway.com

Actual Tablet Size

LNI 4905 381



Completia®

PRENATAL MULTIVITAMIN



*Formulated for Pregnant
and Nursing Women with
DHA & Folic Acid*

Dietary Supplement 240 Tablets

45 mg Iron

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 120

	Per Serving Amount % DV		Per Day (4 Tablets) Amount % DV	
Calories			10	
Total Carbohydrate	<1 g	<1%†	1 g	<1%†
Dietary Fiber	<1 g	3%†	1 g	5%†
Vitamin A (100% as beta carotene) Providing (typical analysis):	4000 IU	50%	8000 IU	100%
beta carotene	2250 mcg		4500 mcg	
gamma carotene	2.25 mcg		4.5 mcg	
trans beta carotene	2.15 mcg		4.32 mcg	
beta zeaxanthin	0.45 mcg		0.9 mcg	
Vitamin C (as calcium ascorbate)	60 mg	100%	120 mg	200%
Vitamin D3 (as cholecalciferol)	200 IU	50%	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%	30 IU	100%
Vitamin K (as phytonadione)	45 mcg	**	90 mcg	**
Thiamin (as thiamin mononitrate)	850 mcg	50%	1.7 mg	100%
Riboflavin (Vitamin B2)	1 mg	50%	2 mg	100%
Niacin (as niacinamide)	10 mg	50%	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	1.25 mg	50%	2.5 mg	100%
Folic Acid	400 mcg	50%	800 mcg	100%
Vitamin B12 (as cyanocobalamin)	4 mcg	50%	8 mcg	100%
Biotin	150 mcg	50%	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	50%	10 mg	100%
Calcium (as carbonate, citrate, ascorbate)	360 mg	28%	720 mg	55%

	Per Serving Amount % DV		Per Day (4 Tablets) Amount % DV	
Iron (as iron gluconate)	22.5 mg	125%	45 mg	250%
Iodine (from Pacific kelp powder)	75 mcg	50%	150 mcg	100%
Magnesium (as citrate/oxide)	150 mg	33%	300 mg	67%
Zinc (as amino acid chelate)	7.5 mg	50%	15 mg	100%
Selenium (as L-selenomethionine)	12.5 mcg	**	25 mcg	**
Copper (as amino acid chelate)	1 mg	50%	2 mg	100%
Manganese (as amino acid chelate)	1 mg	**	2 mg	**
Chromium (as polynicotinate)	25 mcg	**	50 mcg	**
Sodium	15 mg	**	30 mg	**
Potassium (as amino acid chelate)	25 mg	**	50 mg	**
DHA (docosahexaenoic acid (tuna))	25 mg	**	50 mg	**
Red Raspberry (leaf)	25 mg	**	50 mg	**
Dandelion (root)	25 mg	**	50 mg	**
Nettle (leaf)	25 mg	**	50 mg	**
Peppermint (leaf)	25 mg	**	50 mg	**
Inositol	5 mg	**	10 mg	**
Choline (as choline bitartrate)	2 mg	**	4 mg	**
PABA (para aminobenzoic acid)	1 mg	**	2 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other ingredients: Vegetable cellulose, Vegetable modified cellulose gum, Vegetable stearic acid, Silica, Vegetable modified cellulose, Vegetable magnesium stearate, Vegetarian glycerin.