



1 PER DAY

Your Life[®] MULTI Prenatal

Multivitamin/Multimineral Specialty Formula

contains Omega-3

- ▶ High Potency Vitamins & Minerals to Promote Fetal Development*
 - ▶ 100% of the DV for Folic Acid (800 mcg) For Use Before, During & After Pregnancy
- 60 Softgels** | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value for Pregnant and Lactating Women	
Vitamin A (as Beta-Carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	106%
Riboflavin (Vitamin B-2)	1.7 mg	85%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	156%
Zinc (as Zinc Oxide)	25 mg	167%
Copper (as Copper Sulfate)	2 mg	100%
Fish Oil Concentrate	530 mg	**
provides 230 mg of Omega-3 Fatty Acids, comprising of:		
Eicosapentaenoic Acid (EPA) 30 mg		**
Docosahexaenoic Acid (DHA) 200 mg		**

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. Contains <2% of: Annatto Color, Natural Flavor, Silica, Soy Lecithin, Titanium Dioxide Color.

Contains soy and fish (anchovy, sardine) ingredients.

100% of the DV for Folic Acid (800 mcg) - May Reduce the Risk of Having a Child with a Brain or Spinal Cord Birth Defect*

DIRECTIONS: For adult women, take one (1) softgel daily, preferably with a meal.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

◊Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Your Life[®] Multi Prenatal provides 800 mcg of folic acid (folate). Folate intake should not exceed 1,000 mcg.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nutrition Questions or Comments?
 Call NutraPhone[®] 1-800-433-2990
 Mon. - Fri. 9 AM - 7 PM ET

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