

## 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	**
which typically provides:		
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.

1 PER DAY

Sundown  
Naturals®

MULTIVITAMIN

# Prenatal

Contains **Omega-3** with Folic Acid and Iron

For Use Before, During & After Pregnancy

MULTIVITAMIN/MULTIMINERAL FORMULA  
30 SOFTGELS DIETARY SUPPLEMENT

Smart  
Facts

Sundown Naturals' Multivitamin Prenatal is a comprehensive high potency multi vitamin and mineral supplement with beneficial amounts of key nutrients for added health before, during and after pregnancy.\* The combination of high potency vitamins and minerals promotes the healthy development of your growing child.\* B Vitamins and Iron are essential for energy metabolism and blood cell production.\* Our specialized formula also includes the Omega-3 fatty acids EPA and DHA. Sundown Naturals' Multivitamin Prenatal provides 800 mcg of Folic Acid (folate). Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Folate intake should not exceed 1,000 mcg.

\*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.

**DIRECTIONS: FOR ADULT WOMEN, TAKE ONE (1) SOFTGEL DAILY, PREFERABLY WITH A MEAL.** As a reminder, discuss the supplements and medications you take with your health care providers.

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.

**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.

STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)



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