

Suggested Usage: Take 3 softgels daily with food.

*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.

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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening. Please Recycle.



SOFTGEL SIZE

EUA # 1482865
CODE 3809 VS



Prenatal Gels + DHA

Multi Vitamin & Mineral

- With 250 mg DHA per serving to support Healthy Eye and Brain Development*
- Plus Borage Oil (GLA)

90 Softgels
A Dietary Supplement

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	%Daily Value*
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	†
Vitamin A (100% as Beta-Carotene)	5,000 IU	63%
Vitamin C (from Calcium Ascorbate)	120 mg	200%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Acetate)	100 IU	333%
Vitamin K (as Menaquinone K2 and Phytanadione K1)	35 mcg	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	5 mg	294%
Riboflavin (Vitamin B-2)	5 mg	250%
Niacin (Vitamin B-3) (as Niacinamide)	13 mg	65%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	400%
Folate (as Folic Acid)	800 mcg	100%
Vitamin B-12 (as Methylcobalamin)	500 mcg	6250%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	20 mg	200%
Calcium (from Calcium Carbonate (Aquamin® Seaweed Derived Minerals), Calcium Citrate and Calcium Ascorbate)	400 mg	31%
Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®)	27 mg	150%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide, Aquamin® Seaweed Derived Minerals and Magnesium Citrate)	200 mg	44%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%

Selenium (from Selenium Amino Acid Complex) (TRAACS®)	70 mcg	†
Copper (from Copper Bisglycinate) (TRAACS®)	2 mg	100%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	†
Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	†
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	†
Potassium (from Potassium Chloride)	25 mg	†
Fish Oil Concentrate	650 mg	†
DHA (Docosahexaenoic Acid)	250 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
Borage Oil (Seed)	125 mg	†
GLA (Gamma Linolenic Acid)	25 mg	†
Choline (from Choline Bitartrate)	10 mg	†
Inositol	10 mg	†
Lutein (from Marigold Flowers)	500 mcg	†
Lycopene (from Natural Tomato Extract)	350 mcg	†

* Percent Daily Values for Pregnant and Lactating Women.
† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Rice Bran Oil, Beeswax, Soy Lecithin and Natural Lemon Oil.

Contains fish (tuna, anchovies) and soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, milk, egg or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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