



0 15794 04106 1

The nutritional demands placed on a mother during pregnancy are enormous. Supplementation with many nutrients, including Omega fatty acids and essential fatty acids, may be helpful to both fetus and mother.*** Country Life recognized the unique needs during pregnancy and introduced the first Omega product specifically for Prenatal Women.

Baby Care Prenatal Omega 3-6-9 offers over 600 mg of Omega fatty acids, including a triple blend of DHA, EPA and GLA. It also includes vitamin B12, calcium, and phosphorus for additional nutritional support.***

The Omega fatty acids contained in this product are derived from fish and borage seed oil. The fish oil, derived from anchovy, sardine, mackerel, herring, salmon, and tuna, has been processed using molecular distillation to ensure its purity. The borage seed oil was also 100% expeller pressed without hexane or harsh chemicals. Country Life's Baby Care Prenatal Omega 3-6-9 is made according to high quality and exacting standards.

And understanding the sensitive palate of the expectant mother, each softgel is natural lemon flavored – no fishy taste, and also includes ginger root extract and peppermint oil.

The Country Life Pledge of Integrity
Integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up to Country Life's FIVE Integrity Standards. 1) Authenticity; 2) Cleanliness; 3) Freshness; 4) Consistency; 5) Accuracy.

Go to CountryLifeVitamins.com to learn more.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, WHEAT OR CORN
YES RECYCLABLE PACKAGING	NO MILK, SOY, SALT OR SUGAR
YES MANUFACTURING SUPPORTS WIND POWER	NO PRESERVATIVES
	NO ARTIFICIAL FLAVOR
	NO MAGNESIUM STEARATE

12M14M

*** 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.

Whether for your developing fetus or yourself, Omega-3 fatty acids can help in many ways.

Research with Omega-3 fatty acids supplementation has shown promise in many areas, including:

- Cardiovascular Health***
- Brain Health***
- Skin Health***
- Immune Health***

The body needs eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).*** To make these, the body requires alpha-linolenic acid (ALA).*** This is an omega-3 essential fatty acid that is converted in the body to the fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).*** Linoleic acid (LA) is an omega-6 fatty acid that also complements the diet.

When fatty acids such as EPA are present in the body, it becomes a precursor for hormone-like agents known as eicosanoids.*** These help regulate fundamental processes such as cell division and growth, blood clotting, muscle activity, secretion of digestive juices and hormones, and movement of substances like calcium into and out of cells.***

The omega-3 fatty acid DHA is the major polyunsaturated fatty acid found in the brain and is important for brain function.*** Brain cells, as well as many other cells, in the body are rich in DHA, which suggests that this fatty acid is involved in brain health.***

People with diets low in fat or heavy in saturated, hydrogenated, or trans-fat may be deficient in valuable fatty acids. In just two softgels, Country Life's Baby Care Prenatal 3-6-9 is a convenient way to supplement your (and your growing fetus) diet with the omega fatty acids and linoleic acid, an essential fatty acid that it may be missing.***

A Provides 633mg of Omega 3,6 and 9 fatty acids.

- Country Life is passionate about helping you live a healthy, active life.
- This extends into the environment we live in and the materials we use in our packaging.
- We use 100% recycled paperboard.



PLEASE HELP US IN OUR MISSION;
RECYCLE THIS BOX & BOTTLE AFTER USE.

- Consider including a multivitamin as part of your prenatal supplementation regime.*** Try our RealFood Organics Prenatal Nutrients.
- Made from over 30 raw fruits and vegetables.
- 800 mcg of whole food folic acid
- 18 mg of whole food iron
- Gentle on the stomach.***

Country Life

BABY CARE

PRENATAL OMEGA 3-6-9

Gluten-Free

- Supports nutritional demands of both fetus and expectant Mom***
- Triple blend of DHA, EPA and GLA

Over 600 mg of Omega in 2 softgels



DHA + EPA
Fish Oil Concentrate
500 mg

Borage Seed Oil
(Non-GMO)
210 mg

Natural Lemon
Flavored!



First Omega product designed specifically for women during pregnancy.***

Dietary Supplement 90 Softgels

Our PLEDGE of INTEGRITY—
ETHICALLY SOURCED • QUALITY ASSURED • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take two (2) softgels per day. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 softgels
Servings Per Container 45

Amount Per Serving	% Daily Value
Calories 10	
Calories from Fat 10	
Total Fat 1 g	2%*
Polysaturated Fat 1 g	**
Vitamin B12 (as cyanocobalamin) 100 mcg	1,250%
Calcium (from 800 mg of tribasic calcium phosphate) 204 mg	16%
Phosphorus (from 600 mg of tribasic calcium phosphate) 114 mg	9%
DHA (Docosahexaenoic Acid) (from fish oil concentrate) 400 mg	**
EPA (Eicosapentaenoic Acid) (from fish oil concentrate) 100 mg	**
Linoleic Acid (from 210 mg borage seed oil) 65 mg	**
GLA (gamma-Linolenic Acid) (from 210 mg borage seed oil) 40 mg	**
Borage Seed Oil (from 210 mg borage seed oil) 28 mg	**
Proprietary Blend 24 mg	**
providing:	
Ginger Root Extract (5% ginsengs)	**
Peppermint Oil (Mentha piperita leaf)	**

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

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, beeswax, carob color, purified water (capsule shell), sunflower lecithin, natural lemon flavor. Contains fish (anchovy, sardine, mackerel, herring, salmon, tuna).

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children. See box for Lot No. and Best By Date information.

This product has been manufactured at a GMP Registered facility.

©2014 Country Life
Manufactured for Country Life, LLC
130 Vandewater Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 4106