



Prenatal

**Multiple with DHA
from Fish Oil**

DIETARY SUPPLEMENT

Supports Healthy Fetal Brain and Eye Development*
120 Soft Gels

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

Complete nutrient support for mom and baby before, during and after pregnancy.

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 60

	Amount Per 2 Soft Gels	% DV for Pregnant Women
Vitamin A (3000 IU as palmitate & 5000 IU as beta carotene)	8000 IU	100%
Vitamin C (from calcium ascorbate)	300 mg	500%
Vitamin D3 (as cholecalciferol)	1600 IU	400%
Vitamin E (as d-alpha tocopherol from soy)	150 IU	500%
Vitamin K1 (as phyloquinone)	200 mcg	**
Thiamin (Vitamin B-1) (from thiamin HCl)	6.8 mg	400%
Riboflavin (Vitamin B-2)	8 mg	400%
Niacin (as niacinamide)	80 mg	400%
Vitamin B-6 (as pyridoxine HCl)	10 mg	400%
Folate (folic acid)	800 mcg	100%
Vitamin B-12 (as cyanocobalamin)	32 mcg	400%

	Amount Per 2 Soft Gels	% DV for Pregnant Women
Biotin	300 mcg	100%
Pantothenic Acid (from d-calcium pantothenate)	40 mg	400%
Calcium (from calcium carbonate & calcium ascorbate)	100 mg	8%
Iron (from iron glycinate chelate)	27 mg	150%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	22%
Zinc (from zinc gluconate)	15 mg	100%
Selenium (from selenomethionine)	70 mcg	**
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganese gluconate)	2 mg	**
Chromium (from chromium nicotinate)	120 mcg	**
Fish Oil Concentrate	1000 mg	**
DHA (Docosahexaenoic Acid)†	430 mg	**
EPA (Eicosapentaenoic Acid)†	60 mg	**

** Daily Value (DV) not established. † Reported as triglycerides.

Other Ingredients: Beeswax, soy lecithin, soybean oil. Soft Gel Shell: Beef gelatin, glycerin, water, carob. Contains soy and fish (anchovy, sardine, tuna).

✓ **Gluten-free** ✓ **Milk/Casein-free**
✓ **Preservative-free**

Warning: Vitamin K can antagonize the effect of anticoagulants, including Warfarin. Do not take this product if you are taking Warfarin without first consulting with your physician.

Directions for Pregnant Women: Take two soft gels daily, **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

POTENCY & QUALITY GUARANTEED

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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.



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