

**Specially formulated multi-vitamin
with folic acid (folate) & DHA**

- Supports pregnant and nursing mothers
- Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect
- Supports healthy eye and brain development*

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep out of reach of children.** In case of accidental overdose, call a doctor or poison control center immediately. Do not take with sulfonamide since PABA interferes with the activity of this drug.

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

Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, yeast, wheat, soy, dairy products, artificial flavors, colors or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

◆ LN14903.B02 BLK8283B



Completia®

PRENATAL Multi-Vitamin



**Daily Support
for Pregnant/Nursing Women
with DHA & Folic Acid**

120 TABLETS / DIETARY SUPPLEMENT

45 mg Iron

Recommendation: Take 2 tablets twice daily.

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 60

	Per Serving Amount	% DV	Per Day (4 Tabs) Amount	% DV
Calories	10			
Total Carbohydrate	<1 g	<1%†	1 g	<1%†
Dietary Fiber	<1 g	3%†	1 g	5%†
Vitamin A	4,000 IU	50%	8,000 IU	100%
(100% as beta carotene)				
Vitamin C	60 mg	100%	120 mg	200%
(as calcium ascorbate)				
Vitamin D3	200 IU	50%	400 IU	100%
(as cholecalciferol)				
Vitamin E	15 IU	50%	30 IU	100%
(as d-alpha tocopheryl succinate)				
Vitamin K	45 mcg	56%	90 mcg	113%
(as phytonadione)				
Thiamin	850 mcg	50%	1.7 mg	100%
(as thiamin mononitrate)				
Riboflavin (Vitamin B2)	1 mg	50%	2 mg	100%
Niacin (as niacinamide)	10 mg	50%	20 mg	100%
Vitamin B6	1.25 mg	50%	2.5 mg	100%
(as pyridoxine HCl)				
Folic Acid	400 mcg	50%	800 mcg	100%
Vitamin B12	4 mcg	50%	8 mcg	100%
(as cyanocobalamin)				
Biotin	150 mcg	50%	300 mcg	100%
Pantothenic Acid	5 mg	50%	10 mg	100%
(as d-calcium pantothenate)				
Calcium	360 mg	28%	720 mg	55%
(as carbonate, citrate, ascorbate)				
Iron (as iron gluconate)	22.5 mg	125%	45 mg	250%

	Per Serving Amount	% DV	Per Day (4 Tabs) Amount	% DV
Iodine	75 mcg	50%	150 mcg	100%
(from Pacific kelp powder)				
Magnesium	150 mg	33%	300 mg	67%
(as citrate, oxide)				
Zinc	7.5 mg	50%	15 mg	100%
(as amino acid chelate)				
Selenium	12.5 mcg	18%	25 mcg	36%
(as L-selenomethionine)				
Copper	1 mg	50%	2 mg	100%
(as amino acid chelate)				
Manganese	1 mg	50%	2 mg	100%
(as amino acid chelate)				
Chromium	25 mcg	21%	50 mcg	42%
(as polynicotinate)				
Sodium	10 mg	**	20 mg	**
Potassium	25 mg	**	50 mg	**
(as amino acid chelate)				
DHA	25 mg	**	50 mg	**
(docosahexaenoic acid [tuna])				
Red Raspberry (leaf)	25 mg	**	50 mg	**
Dandelion (root)	25 mg	**	50 mg	**
Nettle (leaf)	25 mg	**	50 mg	**
Peppermint (leaf)	25 mg	**	50 mg	**
Inositol	5 mg	**	10 mg	**
Choline	2 mg	**	4 mg	**
(as choline bitartrate)				
PABA	1 mg	**	2 mg	**
(as para aminobenzoic acid)				

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: vegetable cellulose, vegetable modified cellulose gum, vegetable stearic acid, silica, vegetable modified cellulose, vegetable magnesium stearate, vegetable glycerin