

*Specialty formulated multi-vitamin
with folic acid (folate) and 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.

*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, dairy products, artificial flavors, colors or preservatives.

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Green Bay, WI 54311 USA

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

◆ LN14905.C01 BLK8283C



Completia®

PRENATAL Multi-Vitamin



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

240 TABLETS / DIETARY SUPPLEMENT

45 mg Iron

Recommendation: Take 2 tablets twice daily.

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 120

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

	Per Serving		Per Day (4 Tabs)	
	Amount	% DV	Amount	% DV
Calcium (as carbonate, ascorbate, citrate)	360 mg	28%	720 mg	55%
Iron (as iron gluconate)	22.5 mg	125%	45 mg	250%
Iodine (from Atlantic kelp powder)	75 mcg	50%	150 mcg	100%
Magnesium (as oxide, citrate)	150 mg	33%	300 mg	67%
Zinc (as amino acid chelate)	7.5 mg	50%	15 mg	100%
Selenium (as L-selenomethionine)	12.5 mcg	18%	25 mcg	36%
Copper (as amino acid chelate)	1 mg	50%	2 mg	100%
Manganese (as amino acid chelate)	1 mg	50%	2 mg	100%
Chromium (as polynicotinate)	25 mcg	21%	50 mcg	42%
Sodium	10 mg	**	20 mg	**
Potassium (as amino acid chelate)	25 mg	**	50 mg	**
DHA (docosahexaenoic acid [tuna])	25 mg	**	50 mg	**
Red Raspberry (leaf)	25 mg	**	50 mg	**
Inositol	5 mg	**	10 mg	**
Choline (as choline bitartrate)	2 mg	**	4 mg	**

†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, vegetable modified cellulose, silica, vegetable magnesium stearate, vegetable glycerin

Contains fish.