

DHA 200

Includes DHA (docosahexaenoic acid), an omega-3 fatty acid naturally present in fish. DHA is the predominant structural fatty acid in the brain and retina and is passed through the placenta to the baby and then, following childbirth, it is passed through breast milk.

Supplementing with DHA helps pregnant and nursing mothers replenish DHA necessary for a baby's healthy brain and eye function development.*

GNC DHA is ultra pure and natural. It has been purified and manufactured for freshness. We use the ICP-MS (Inductively Coupled Plasma Mass Spectroscopy) method to verify the absence of contaminants such as lead, arsenic, mercury and PCBs.

A complete nutritional program should be followed prior to conception, through pregnancy and maintained while breastfeeding. Talk to your doctor about adding GNC Prenatal Program to your daily nutritional regimen.

CODE 286512

All products may be taken together at one time or spread throughout the day.

Prenatal Formula

Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets Servings Per Container 30		
Amount Per Serving	% Daily Value†	
Vitamin A (as beta-Carotene)	4500 IU	56%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Cholecalciferol D-3)	400 IU	100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.4 mg	82%
Riboflavin (Vitamin B-2)	1.6 mg	80%
Niacin (as Niacinamide)	18 mg	90%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	400%
Folic Acid	1000 mcg	125%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Biotin	35 mcg	12%

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

Folic Acid intake should not exceed 125% of the DV (1000 mcg).

Calcium 600

Directions: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet		
Amount Per Serving	% Daily Value†	
Calcium (as Calcium Carbonate)	600 mg	46%

† Daily Value for pregnant or lactating women.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

All mineral amounts shown are elemental.

Potency verified by GNC procedure

#4000. Conforms to USP <2091>

for weight. Meets USP <2040>

disintegration.

ACTUAL SIZE

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Amount Per Serving	% Daily Value†	
Pantothenic Acid (as Calcium d-Pantothenate)	7 mg	70%
Calcium (as Calcium Carbonate)	600 mg	46%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	290 mcg	193%
Magnesium (as Magnesium Oxide)	200 mg	44%
Zinc (as Zinc Oxide)	15 mg	100%
Copper (as Copper Gluconate)	1.3 mg	65%
Selenium (as Selenium Yeast)	70 mcg	*
Manganese (as Manganese Sulfate)	2.6 mg	*
Chromium (as Chromium Yeast)	45 mcg	*
Molybdenum (as Sodium Molybdate)	50 mcg	*
Boron (as Boron Citrate)	150 mcg	*
Choline (as Choline Bitartrate)	550 mcg	*

† Daily Value for pregnant or lactating women.

* Daily Value not established.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

DHA 200

Directions: As a dietary supplement, take one softgel capsule daily with food.

Supplement Facts

Serving Size One Softgel Capsule		
Amount Per Serving	% Daily Value†	
DHA (Docosahexaenoic Acid)(Omega-3)	200 mg*	
EPA (Eicosapentaenoic Acid)(Omega-3)	14 mg*	

† Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Natural Lemon Flavor.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

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.

No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten, No Dairy.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



SCAN &
LEARN MORE

*This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!

GNC QUALITY COMMITMENT

For more than 78 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



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GNC

WOMEN'S Prenatal Program

Dietary Supplement

NUTRITIONAL INSURANCE FOR MOM & BABY

- 1,000 mcg of folic acid to support healthy fetal development*
- 200 mg of DHA vital for baby's brain & eye development*
- 18 mg of iron to support increased blood volume*
- 400 IU of vitamin D-3 to enhance calcium absorption*
- 1,200 mg of bone-strengthening calcium*

Prenatal Formula - 60 Caplets
Calcium 600 - 30 Caplets
DHA 200 - 30 Softgels
30-DAY PROGRAM



PHYSICIAN
ENDORSED*

PRENATAL PROGRAM

GNC Prenatal Program is a daily multivitamin program that provides nutritional support for both mother and baby before, during and after pregnancy. Pregnancy is a special time in a woman's life and an important time to be mindful not only of your individual nutritional needs, but the nutritional needs of your baby as well. Maternal nutrition before and during pregnancy affects both your well-being and your infant's growth. As your baby develops through the early phases of life, your nutritional needs will also increase. After delivery, you need an adequate diet rich in essential nutrients, such as calcium and folic acid to support nursing and replace depleted nutrient stores. This delicately blended multivitamin offers supplemental nutritional support for both you and your baby.

Prenatal Formula

This premium, delicately blended multivitamin is formulated to provide you and your baby with supplemental levels of essential nutrients.

This special formula features 1,000 mcg of folic acid critical during the earliest weeks of pregnancy when a baby's organs are forming. Adequate intake of folic acid in a healthy diet, before and during early pregnancy, may reduce the risk of birth defects of the brain and spinal cord.

This formula also provides 600 mg of bone-strengthening calcium and 400 IU of vitamin D-3 to enhance calcium absorption, as well as iron to support placental and fetal needs, and a mother's increased blood volume.*

Calcium 600

Provides an additional 600 mg of bone-strengthening calcium which is vital during pregnancy, especially during the third trimester when fetal bones begin to calcify. If a mother's calcium level drops, her body can pull calcium from her bones resulting in loss of bone density.*

* 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.