

Made In The
USA with select
ingredients from
around the world



Prenatal

800mcg of
Folic Acid | with 200mg
of DHA

**Supports
Fetal Development***

60 Softgels

VITAMIN SUPPLEMENT

Directions: For adult women, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel		%Daily Value for Pregnant and Lactating Women
Amount Per Serving		
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	**
Vitamin A (as Beta-Carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Thiamin (Vitamin B-1 (as Thiamin Mononitrate))	1.8 mg	106%
Riboflavin (Vitamin B-2)	1.7 mg	85%
Niacin (as Nicotinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.8 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	156%
Zinc (as Zinc Oxide)	25 mg	167%
Copper (as Copper Sulfate)	2 mg	100%
Fish Oil Concentrate provides 230 mg of Omega-3 Fatty Acids, comprising of: Docosahexaenoic Acid (DHA) 30 mg Other Fatty Acids	530 mg	**

*Other Ingredients: Gelatin, Vegetable Glycerin, Contains <2% of: Annatto Color, Natural Flavor, Silica, Soy Lecithin, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

Contains soy and fish (anchovy, sardine) ingredients.

Contains 100% Vegetables.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Store at room temperature. Do not use if seal under cap is broken or missing.

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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OVER 40 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For over 40 years we have been making trusted products, backed by science, and made with only the purest ingredients—guaranteed. So you can get the most out of life every day.

- For Use Before, During & After Pregnancy*
- Multivitamin & Multimineral
- Guaranteed Quality
- Laboratory Tested

No Artificial Flavors. No Artificial Sweeteners. No Preservatives. No Sugar. No Yeast. No Shellfish. No Gluten. No Gluten. No Wheat. No Yeast. No Shellfish. Sodium Free.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

Prod. No. 30292 830294 05E

*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.

NATURE'S BOUNTY

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Prenatal

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Folic Acid | with 200mg
of DHA

**Supports
Fetal Development***

60 Softgels

VITAMIN SUPPLEMENT

Our Superior Formula Supports:

VISUAL DEVELOPMENT* Zinc & Beta-Carotene	BLOOD CELL PRODUCTION* Iron
REPRODUCTIVE HEALTH* Folic Acid	ENERGY METABOLISM* B-Complex
HEART & CIRCULATORY HEALTH* Vitamin C	IMMUNE SYSTEM HEALTH* Vitamins A, C, D & Zinc

Your Life® Multi Prenatal is a comprehensive high potency multi vitamin and mineral supplement with beneficial amounts of Folic Acid for added health before, during and after pregnancy.* The combination of high potency vitamins and minerals promotes the healthy development of your growing child.* Our unique formula also includes the Omega-3 fatty acids EPA and DHA.

B vitamins and iron are essential for energy metabolism and blood cell production.*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Your Life® Multi Prenatal provides 800 mcg of folic acid (folate). Folate intake should not exceed 1,000 mcg.

1 per day softgel formula for maximum results.