

Supplement Facts

Serving Size: 1 packet (3.8g)
Servings Per Container: 28

Amount Per Serving	% Daily Value for Pregnant & Lactating Women
Calories	6
Fat	0g †
Carbohydrates	1.5g †
Protein	0g †
Vitamin C (as Ascorbic Acid, USP-FCC)	30mg 50%
Vitamin D2 (as Ergocalciferol, USP)	900IU 225%
Vitamin B2 (as Riboflavin, USP-FCC)	1.7mg 85%
Vitamin B6 (as Pyridoxine Hydrochloride, USP-FCC)	30mg 1154%
Folic Acid (as Cyanocobalamin, USP)	6mcg 75%
Biotin (USP)	300mcg 100%
Calcium (as Calcium Lactate, USP-FCC and Dicalcium Phosphate, FCC)	164mg 13%
Iron (as Ferrous Bisglycinate Chelate)	9mg 50%
Magnesium (as Magnesium Citrate, USP)	60mg 13%
Zinc (as Zinc Citrate, USP)	7.5mg 50%
Copper (as Copper Gluconate, USP)	2mg 100%
Omega-3 Fatty Acid Proprietary Blend	430mg †
ALA (Alpha-linolenic Acid) Omega-3 (as Flax Seed Milled Powder)	30mg †
Choline (as Choline Bitartrate, USP-FCC)	25mg †
DHA (Docosahexaenoic Acid) as Algal Oil	20mg †

† Daily Value Not Established

Other Ingredients: Natural Flavors, Citric Acid, Stevia Extract, Tain
CONTAINS TRACES OF MILK AND SOY

Manufactured for Luna Pharmaceuticals, Inc., Providence, RI 02903 USA

As with any supplement, if you are pregnant, nursing or taking medication,
consult your doctor before use.

Store at room temperature. Avoid excessive heat.

KEEP OUT OF REACH OF CHILDREN.

Do not use this product if safety seal on flap is torn or missing.

DIRECTIONS: Use one packet daily. Mix one packet with at least 12oz of liquid. Blend well to completely dissolve.

Enjoy Premama® any of these refreshing ways:



Mix it with water, shake and drink.



Mix it with any non-carbonated beverage.



Blend it into your favorite smoothie.

Look for these other Premama® products:



Fertility • Lactation
Essentials • Digestive Aid

Questions or Comments? Call 1(401)383-0299

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Made and packaged in the USA
from domestic and imported ingredients

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.

Ferrocet® is a registered trademark of Albion Laboratories, Inc.

premama®
The Prenatal Vitamin You Can Drink!



vitamin angels®
PROUD SUPPORTER

premama®
Prenatal Vitamin Drink Mix
Essentials + DHA

Complete Multivitamin
With Folic Acid, DHA and Iron

Doctor Recommended
Developed by OB/GYNs

Soothes
Morning Sickness*
Contains 30mg of Vitamin B6



DIETARY
SUPPLEMENT

Natural Citrus Flavor
28 PACKETS
NET WT 3.74oz (106g)



Use Before, During &
After Pregnancy.



Plant Based Omega-3,
DHA and Choline to support
fetal brain development.*



Folic Acid to help
support prenatal
health.*



B Vitamins to boost energy
and soothe symptoms
of morning sickness.*



Ferrocet® Gentle Iron
to help minimize
iron-induced constipation.*

Easy To Drink,
Easy On Your Stomach.



*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.

