



NATURALIST®

One Per Day
**Prenatal
Multi**
with Omega-3

**For Women Before, During
and After Pregnancy**

60 SOFTGELS

Dietary Supplement



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value for Pregnant and Lactating Women	
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 Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 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	530 mg	*
provides 230 mg of Omega-3 Fatty Acids† comprising of:		
Eicosapentaenoic Acid (EPA) 30 mg		*
Docosahexaenoic Acid (DHA) 200 mg		*
Other Fatty Acids		*

*Daily Value not established.

Other Ingredients: Gelatin (Bovine), Glycerin. **Contains <2% of:** Annatto Color, Natural Flavor, Silica, Soy Lecithin, Titanium Dioxide Color.

Contains soy and fish (anchovy, sardine) ingredients.

†As Natural Triglycerides

IMPORTANT FACTS YOU SHOULD KNOW

Prenatal is designed to meet the unique nutritional needs of women before, during and after pregnancy. This prenatal formula contains folic acid, vitamin D3 and omega-3 fatty acids.

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL DAILY, PREFERABLY WITH A MEAL.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial flavor, sodium.

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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Quality Guaranteed Lab Tested
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.
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**Prod. No.
54991**



01B B30294
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