

Specially 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, soy, dairy products, artificial colors, flavors or preservatives.

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

◆ LN14904.D01 BLK8283D



Completia®

PRENATAL Multi-Vitamin



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

45 mg Iron

180 TABLETS / DIETARY SUPPLEMENT

Recommendation: Take 2 tablets twice daily. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 90

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

	Per Serving		Per Day (4 Tabs)	
	Amount	% DV	Amount	% DV
Calcium	360 mg	28%	720 mg	55%
(as calcium carbonate, calcium ascorbate, calcium citrate)				
Iron (as iron gluconate)	22.5 mg	125%	45 mg	250%
Iodine	75 mcg	50%	150 mcg	100%
(from kelp (whole plant) powder)				
Magnesium	150 mg	33%	300 mg	67%
(as magnesium citrate, magnesium oxide)				
Zinc	7.5 mg	50%	15 mg	100%
(as bisglycinate chelate)				
Selenium	12.5 mcg	18%	25 mcg	36%
(as L-selenomethionine)				
Copper	1 mg	50%	2 mg	100%
(as copper bisglycinate chelate)				
Manganese	1 mg	50%	2 mg	100%
(as manganese bisglycinate sulfate chelate)				
Sodium	5 mg	<1%	10 mg	<1%
Potassium	25 mg	<1%	50 mg	<1%
(as potassium citrate)				
Kelp (whole plant)	127 mg	**	254 mg	**
DHA	25 mg	**	50 mg	**
(docosahexaenoic acid [tuna])				
Raspberry (leaf)	25 mg	**	50 mg	**
Inositol	5 mg	**	10 mg	**
Choline	2 mg	**	4 mg	**
(as choline bitartrate)				

†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 (funa).