

**SUGGESTED USAGE:** Take 3 softgels daily with food, or as directed by your healthcare practitioner.

**HOW IT WORKS:** Optimal nutrition is integral to a healthy pregnancy. Nutritional needs for vitamins and minerals increase during this time. Protocol For Life Balance® Prenatal Softgels with DHA offer a balanced blend of vitamins, minerals, and DHA specifically formulated for women during pregnancy and/or lactation. DHA is an essential fatty acid known to be critical during pregnancy and post-natal for the optimal development of your infant's eyes and brain.\* Current research indicates an optimal average daily intake of at least 200 mg of DHA.

**CAUTIONS/INTERACTIONS:** For adults only. Consult your healthcare practitioner if pregnant, nursing, or may become pregnant.

**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.

\*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.

**PROTOCOL**  
FOR LIFE BALANCE®

# Pre-Natal Multivitamin with DHA

- 250 mg DHA per serving to Support Healthy Eye & Brain Development\*

- Plus Borage Oil (GLA)

**90 Softgels**

A Dietary Supplement



## Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

|   | Amount Per Serving | %Daily Value† |
|---|--------------------|---------------|
| Calories  | 15                 |               |
| Calories from Fat   | 15                 |               |
| Total Fat   | 1.5 g              | †             |
| Vitamin A (100% as Beta-Carotene)   | 5,000 IU           | 63%           |
| Vitamin C (from Calcium Ascorbate)  | 120 mg             | 200%          |
| Vitamin D-3 (as Cholecalciferol)  | 400 IU             | 100%          |
| Vitamin E (as d-alpha Tocopheryl Acetate)   | 100 IU             | 333%          |
| Vitamin K (as Menaquinone K2 and Phytonadione K1)   | 35 mcg             | †             |
| Thiamin (Vitamin B-1) (from Thiamin HCl)  | 5 mg               | 294%          |
| Riboflavin (Vitamin B-2)  | 5 mg               | 250%          |
| Niacin (Vitamin B-3) (as Niacinamide)   | 13 mg              | 65%           |
| Vitamin B-6 (from Pyridoxine HCl)   | 10 mg              | 400%          |
| Folate (as Folic Acid)  | 800 mcg            | 100%          |
| Vitamin B-12 (as Methylcobalamin)   | 500 mcg            | 6250%         |
| Biotin  | 300 mcg            | 100%          |
| Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)  | 20 mg              | 200%          |
| Calcium (from Calcium Carbonate (Aquamin® Seaweed Derived Minerals), Calcium Citrate and Calcium Ascorbate) | 400 mg             | 31%           |
| Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®)  | 27 mg              | 150%          |
| Iodine (from Potassium Iodide)  | 150 mcg            | 100%          |
| Magnesium (from Magnesium Oxide, Aquamin® Seaweed Derived Minerals and Magnesium Citrate)                   | 200 mg             | 44%           |
| Zinc (from Zinc Bisglycinate) (TRAACS®)   | 15 mg              | 100%          |
| Selenium (from Selenium Amino Acid Complex)   | 70 mcg             | †             |

|   |         |      |
|---|---------|------|
| Copper (from Copper Bisglycinate) (TRAACS®)         | 2 mg    | 100% |
| Manganese (from Manganese Bisglycinate) (TRAACS®)   | 2 mg    | †    |
| Chromium (from Chromium Chelavite®) (TRAACS®)       | 120 mcg | †    |
| Molybdenum (from Molybdenum Bisglycinate) (TRAACS®) | 75 mcg  | †    |
| Potassium (from Potassium Chloride)                 | 25 mg   | †    |
| Fish Oil Concentrate                                | 650 mg  | †    |
| DHA (Docosahexaenoic Acid)                          | 250 mg  | †    |
| EPA (Eicosapentaenoic Acid)                         | 90 mg   | †    |
| Borage Oil (Seed)                                   | 125 mg  | †    |
| GLA (Gamma Linolenic Acid)                          | 25 mg   | †    |
| Choline (from Choline Bitartrate)                   | 10 mg   | †    |
| Inositol  | 10 mg   | †    |
| Lutein (from Marigold Flowers)                      | 500 mcg | †    |
| Lycopene (from Natural Tomato Extract)              | 350 mcg | †    |

\* Percent Daily Values for Pregnant and Lactating Women.  
† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carob), Rice Bran Oil, Beeswax, Soy Lecithin and Natural Lemon Oil.

Contains fish (tuna, anchovies) and soy.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA protocolforlife.com

Not manufactured with wheat, gluten, milk, egg or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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