



Postnatal Multi + DHA Liquid Softgel



Supplement Facts

Serving Size 1 softgel

Amount Per Softgel

%Daily Value
for Pregnant and
Lactating Women

Calories	10	
Calories from Fat	5	
Total Fat	0.5 g	*
Vitamin A (as Beta Carotene)	4000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D ₃ (as Cholecalciferol)	2000 IU	500%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (as Thiamin Mononitrate)	3.5 mg	206%
Riboflavin	5 mg	250%
Niacin (as Niacinamide)	18 mg	90%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	5.4 mg	216%
Folic Acid	800 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin)	12 mcg	150%
Biotin	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	27 mg	150%
Zinc (as Zinc Oxide)	25 mg	167%
Docosahexaenoic Acid (DHA) (from Fish Oil)	†† 200 mg	*
Eicosapentaenoic Acid (EPA) (from Fish Oil)	†† 243 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Yellow Beeswax, Soy Lecithin, Water, Soybean Oil, Dibasic Calcium Phosphate, Resin.

Contains: Fish (Anchovy, Sardine, Mackerel) and Soy

††As ethyl esters