

Actual Size



One Per Day Prenatal Multi with Omega-3

for women before,
during and after
pregnancy

DIETARY SUPPLEMENT
60 Softgels

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Prod. No. 30292 B59842 028

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

This high potency Prenatal Multivitamin contains a combination of vitamins and minerals that helps promote the healthy development of your growing child.* This formula also contains beneficial amounts of Folic Acid for added nutrition before, during and after pregnancy. This unique Prenatal Multivitamin also includes Omega-3 fatty acids EPA and DHA.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

Amount Per Softgel	% Daily Value for Pregnant and Lactating Women
Calories 10	
Calories from Fat 5	
Total Fat 0.5 g	**
Vitamin A 4,000 IU	50%
Vitamin C 100 mg	167%
Vitamin D 400 IU	100%
Vitamin E 30 IU	100%
Thiamin 1.8 mg	106%
Riboflavin 1.7 mg	85%
Niacin 20 mg	100%
Vitamin B-6 2.6 mg	104%
Folic Acid 800 mcg	100%

Amount Per Softgel	% Daily Value for Pregnant and Lactating Women
Vitamin B-12 8 mcg	100%
Biotin 100 mcg	33%
Pantothenic Acid 10 mg	100%
Calcium 175 mg	13%
Iron 28 mg	156%
Iodine 150 mcg	100%
Zinc 25 mg	167%
Copper 2 mg	100%
Fish Oil Concentrate 465 mg	**
provides 279 mg of Omega-3 Fatty Acids†, comprising of:	**
Eicosapentaenoic Acid (EPA) 27 mg	**
Docosahexaenoic Acid (DHA) 200 mg	**
Other Fatty Acids	**

**Daily Value not established.

INGREDIENTS: FISH OIL, CALCIUM CARBONATE, GELATIN (BOVINE), GLYCERIN, ASCORBIC ACID, FERROUS FUMARATE, ZINC OXIDE, NIACINAMIDE, d-ALPHA TOCOPHEROL, SOY LECITHIN, CARAMEL COLOR, d-CALCIUM PANTOTHENATE, NATURAL FLAVOR, BETA-CAROTENE, COPPER SULFATE, SILICA, POTASSIUM IODIDE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, MIXED NATURAL TOCOPHEROLS, RIBOFLAVIN, CYANOCOBALAMIN, FOLIC ACID, CHOLECALCIFEROL, d-BIOTIN.

CONTAINS: SOY, FISH (ANCHOVY, SARDINE).

DISTRIBUTED BY THE KROGER CO., CINCINNATI, OHIO 45202

†As Natural Triglycerides

Gluten Free

SUGGESTED USE: Take one (1) softgel daily with a full glass of water, preferably after a meal. **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. **STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

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.

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USE BY: