

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.

***This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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Green Bay, WI 54311 USA
Questions? 1-800-99NATURE / naturesway.com

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, synthetic flavors or preservatives.

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing. Store at room temperature. Keep bottle tightly closed. Aquamin® is a registered trademark of Marigot Limited.

◆ LNT1209.01 BLK9030



life'sDHA® is a trademark of DSM.

Nature's Way
Alive!

Complete
**Prenatal
MULTI-VITAMIN**



with 200 mcg
Plant DHA
per serving

60 VEGETARIAN SOFTGELS • Dietary Supplement

Recommendation: For women that are pregnant, nursing, or trying to conceive, take 2 softgels daily. Do not chew. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount Per Serving	% DV
Calories	15
Calories from Fat	10
Total Fat	1.5 g 2% ¹
Total Carbohydrate	<1 g <1% ¹
Vitamin A (50% as retinyl palmitate, 50% as beta carotene)	8,000 IU 100%
Vitamin C (as calcium ascorbate)	60 mg 100%
Vitamin D3 (as cholecalciferol)	600 IU 150%
Vitamin E (as d-alpha tocopheryl)	30 IU 100%
Vitamin B1 (as thiamin mononitrate)	3.4 mg 200%
Vitamin B2 (riboflavin)	4 mg 200%
Vitamin B3 (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine HCl)	5 mg 200%
Folic Acid	800 mcg 100%
Vitamin B12 (as methylcobalamin)	16 mcg 200%
Biotin	300 mcg 100%
Vitamin B9 (as d-calcium pantothenate)	10 mg 100%

Other ingredients: sunflower oil, modified food starch, carrageenan, glycerin, sorbitol, sunflower lecithin, candellila wax, annatto color, purified water, natural flavors, sodium copper chlorophyllin

Berry
Flavored



Alive!

Complete
**Prenatal
MULTI-VITAMIN**



with 200 mcg
Plant DHA
per serving

**100% Daily Value
16 Vitamins & Minerals**

High Potency Folic Acid & Iron

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Calcium (as Aquamin®) calcified mineral source red algae Lithothamnion sp. (whole plant) calcium ascorbate	200 mg 15% ²
Iron (as ferrous bisglycinate)	28 mg 156% ³
Iodine (as potassium iodide)	150 mcg 100% ⁴
Magnesium (as magnesium oxide)	100 mg 22% ⁵
Zinc (as zinc glycinate)	15 mg 100% ⁶
Copper (as copper bisglycinate)	2 mg 100% ⁷
Sodium	10 mg <1% ⁸
DHA (docosahexaenoic acid) (Life's DHA® S40-0430 algal oil)	200 mg **
Orchard Fruit™ / Garden Veggies™ Powder Blend	100 mg **
spinach, pea, cabbage, cauliflower, apple, asparagus, broccoli, brussels sprouts, cucumber, tomato, acai, banana, beet, blueberry, carrot, cherry, cranberry, grape, pineapple, prune, raspberry, strawberry	
Choline (as choline bitartrate)	10 mg **
Inositol	10 mg **

¹Percent Daily Values (DV) are based on a 2,000 calorie diet.
²Daily Value not established.

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Advanced Prenatal for Mom & Developing Baby*

- **100%+ daily value** of 16 vitamins and minerals
- **800 mcg folic acid** supports healthy brain/spinal cord development†
- **200 mcg plant source DHA**, an omega-3 essential fatty acid that supports healthy eye and brain development*

Take during pregnancy, nursing and while trying to conceive



Smarter Prenatal with Plant Source DHA

- **DHA not from fish oil** and does not contain harmful mercury levels
- **Berry flavored softgels** for pleasant experience
- **Orchard Fruits™ / Garden Veggies™** powder blend (100 mg)

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†Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.