

*Specialty 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, soy, yeast, wheat, dairy products, artificial colors, flavors or preservatives.

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Green Bay, WI 54311 USA

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

◆ LN14905.D01 BLK8283D



# Completia®

## PRENATAL Multi-Vitamin



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

**240 TABLETS / DIETARY SUPPLEMENT**

**45 mg Iron**

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

### Supplement Facts

Serving Size 2 Tablets / Servings Per Container 120

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

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

†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 (tuna).