

USAGE: Take 1 packet per day in divided intakes or as directed by your qualified health care consultant. **Easy-Solv®** tablets are designed to disintegrate within several minutes of ingestion.

PREG-NATAL® + DHA is especially formulated to meet a woman's nutritional needs during pregnancy and lactation.* Extra folic acid, calcium and iron are required for normal fetal development and maternal health.* The Omega-3 fatty acid DHA is required to support brain, nerve and eye development.*

PREG-NATAL® also provides an excellent source of choline, which is important for neurological development of the fetus.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Keep out of the reach of children.

* 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.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Lot #: Best Used Before: See bottom of bottle.

Jarrow FORMULAS®

Ultra-Low Odor for Sensitive Smell and Taste
During Pregnancy

**PREG
NATAL®** + **DHA**

1000 IU
Vitamin D to
Support Brain
Development*

Omega-3 DHA for Brain,
Nerve and Eye Development*

Provides Nutritional Support
During Pregnancy & Lactation*

30 Packets 180 Easy-Solv® Tabs & 30 Softgels
Dietary Supplement

Supplement Facts

Serving Size 1 Packet

Servings Per Container 30

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin A (as retinyl palmitate and mixed carotenoids)	5000 IU 100%	Magnesium (as magnesium oxide)	500 mg 125%
Vitamin C (as calcium ascorbate)	120 mg 200%	Zinc (as zinc L-monomethionine)	15 mg 100%
Vitamin D ₃ (cholecalciferol)	1000 IU 250%	Selenium (from L-selenomethionine)	35 mcg 50%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU 100%	Copper (as copper gluconate)	2 mg 100%
Vitamin K ₁ (phyloquinone)	80 mcg 100%	Manganese (as manganese citrate)	2 mg 100%
Vitamin B ₁ (as thiamine mononitrate)	3 mg 200%	Chromium (from <i>Saccharomyces boulardii</i>)	120 mcg 100%
Vitamin B ₂ (riboflavin)	3.4 mg 200%	Potassium (as potassium chloride)	99 mg 3%
Vitamin B ₃ (as niacinamide)	40 mg 200%	d-gamma tocopherol	30 mg †
Vitamin B ₆ (as pyridoxine hydrochloride)	4 mg 200%	Total Calamari Oil (source of Omega-3 DHA (Docosahexaenoic Acid) EPA (Eicosapentaenoic Acid)	600 mg † 250 mg 36 mg
Folic Acid	800 mcg 200%	Choline (as choline bitartrate)	110 mg †
B ₁₂ (as methylcobalamin)	12 mcg 200%	Inositol	50 mg †
Biotin	300 mcg 100%	Lutein	3 mg †
Pantothenic Acid (as calcium pantothenate)	20 mg 200%	Organic Ginger (<i>Zingiber officinale</i>)	50 mg †
Calcium (as calcium citrate/carbonate)	1200 mg 120%		
Iron (as amino acid chelate)	25 mg 138%		
Iodine (as potassium iodide)	150 mcg 100%		

Other Ingredients: Natural flavor, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), mixed tocopherols, rosemary extract and ascorbyl palmitate. Softgel consists of gelatin, glycerin, water and is colored with carob as a light barrier.

Contains: Soy (in trace amounts) and calamari.

No wheat, no gluten, no dairy, no egg, no fish/Crustacean shellfish (crab, lobster or shrimp), no peanuts/tree nuts.

11311PRENA PROD # 101023



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