

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®**

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-tocopherol succinate)	30 IU	100%	Copper (as copper gluconate)	2 mg	100%	
Vitamin K ₁ (phylloquinone)	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)	600 mg	†	
Folic Acid	800 mcg	200%	DHA (Docosahexaenoic Acid)	250 mg		
B ₁₂ (as methylcobalamin)	12 mcg	200%	EPA (Eicosapentaenoic Acid)	36 mg		
Biotin	300 mcg	100%	Choline (as choline bitartrate)	110 mg	†	
Pantothenic Acid (as calcium pantothenate)	20 mg	200%	Inositol	50 mg	†	
Calcium (as calcium citrate/carbonate)	1200 mg	120%	Lutein	3 mg	†	
Iron (as amino acid chelate)	25 mg	138%	Organic Ginger (<i>Zingiber officinale</i>)	50 mg	†	
Iodine (as potassium iodide)	150 mcg	100%	*% DV for pregnant & lactating women. † Need in human nutrition not established.			

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



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

© 2011 Jarrow FORMULAS®