

Prenatal Formula

Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value*
Vitamin A (as beta-Carotene)	1000 mcg 100%
Vitamin C (as Ascorbic Acid)	120 mg 100%
Vitamin D-3 (as Cholecalciferol)	10 mcg (400 IU) 80%
Vitamin E (as d-alpha Tocopheryl Succinate)	25 mg 100%
Thiamin (Vitamin B-1) (as Thiam Mononitrate)	1.4 mg 100%
Riboflavin (Vitamin B-2)	1.4 mg 100%
Niacin (as Nicotinamide)	18 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	18 mg 100%
Folate	1000 mcg DFE (1000 mcg Folic Acid) 200%

Vitamin B-12 (as Cyanocobalamin)	8 mcg 200%
Biotin	30 mcg 100%
Pantothenic Acid (as Calcium D-Pantothenate)	7 mg 100%
Choline (as Choline Bitartrate)	1,225 mg <1%
Calcium (as Calcium Carbonate)	600 mg 60%
Iron (as Ferrous Fumarate)	18 mg 80%
Copper (as Cuprous Gluconate)	200 mcg 100%

Magnesium (as Magnesium Oxide)	200 mg 50%
Zinc (as Zinc Oxide)	15 mg 110%
Selenium (as Selenium Yeast)	70 mcg 100%
Copper (as Copper Gluconate)	1.3 mg 100%
Manganese (as Manganese Sulfate)	2.8 mg 100%
Chromium (as Chromium Yeast)	40 mcg 100%
Molybdenum (as Sodium Molybdate)	50 mcg 100%

Boron (as Boron Citrate)	100 mcg *
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* Daily Value for pregnant or lactating women.

* Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Hydroxypropylcellulose, Stearic Acid, Gums (Gellan, Titanium Dioxide (Mineral Whitener), Polyethylene Glycol, Magnesium Stearate/Vegetable Source, Calcium Silicate, Silicon Dioxide, etc.

CONTAINS: Wheat.

Folate intake should not exceed 2700% of the DV, 1000 mcg DFE (1000 mcg).
Conforms to USP <900%> for weight. Meets USP <2040>-disintegration.

Calcium 600

Directions: As a dietary supplement, take one caplet daily with food.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value*
Calcium (as Calcium Carbonate)	600 mg 60%

† Daily Value for pregnant or lactating women.

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Povidone, Sodium Stearic Glycolate, Titanium Dioxide (Mineral Whitener), Hydroxypropylcellulose, Magnesium Stearate/Vegetable Source, Vegetable Stearic Glycolate, Silicon Dioxide.

All mineral amounts shown are elemental.

Potency verified by GNC procedure #4000.

Conforms to USP <2081> for weight.

Meets USP <2040>-disintegration.

Algae-Based DHA 200

Directions: As a dietary supplement, take one softgel capsule daily.

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value*
DHA (Docosahexaenoic Acid) (as Mincepale Oil)	200 mg

* Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Caramel Color, d-alpha Tocopheryl Acetate, Ascorbyl Palmitate, Rosemary Leaf Extract (Rosmarinus officinalis).

Potency verified by GNC procedure #5122.

Conforms to USP <2081> for weight.

Meets USP <2040>-disintegration.

ACTUAL SIZE

ACTUAL SIZE

ACTUAL SIZE

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.

No Artificial Flavors. No Dairy.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:

1-800-400-2548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

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WOMEN'S Prenatal Program

Dietary Supplement

NUTRITIONAL INSURANCE FOR MOM & BABY

- 1000 mcg of folic acid for fetal development*
- DHA for brain and eye development*
- Calcium to support bone health*
- Iron to support increased blood volume*
- Antioxidants to protect against free radicals*

Prenatal Formulas - 60 Caplets
Calcium 600 - 30 Caplets
Algae-Based DHA 200 - 30 Softgels
30-DAY PROGRAM

Now with vegetarian source DHA!

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WOMEN'S Prenatal Program

Nutritional support for you and your baby before, during and after pregnancy. This program features a balanced nutritional blend of vitamins, minerals and antioxidants to supplement a healthy diet.

- **Folic Acid**
Provides 1000 mcg of folic acid, which is critical during the earliest weeks of pregnancy when a baby's organs are forming. Adequate intake of folic acid in a healthy diet before and during early pregnancy may reduce the risk of birth defects of the brain and spinal cord. Also required for cell growth and DNA formation.*
- **Algae-Based DHA**
Features DHA from marine algae. Supplementing with DHA, an omega-3 fatty acid, helps pregnant and nursing mothers replenish the DHA necessary for a baby's healthy brain and eye function development.*
- **Calcium**
1000 mg of calcium, which is vital during pregnancy especially during the third trimester when fetuses begin to calcify. If a mother's calcium level drops, her body can pull calcium from her bones, which can result in loss of bone density.*
- **Iron**
Contains 18 mg of iron, iron plays a crucial role in the formation of healthy red blood cells, which are essential to support placental and fetal needs as a mother's blood volume increases.*
- **Antioxidants**
Has antioxidants for protection against harmful free radicals that can destroy healthy cells.*

* 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.