

SOFTGEL SIZE

Made in the USA



CODE 3811

V1

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.
Store in a cool, dry place after opening. Please Recycle.

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.

SUGGESTED USAGE: As a dietary supplement for pregnant or lactating women, take 3 softgels daily with food.



Prenatal Gels + DHA

MULTIPLE VITAMIN & MINERAL

- With 250 mg DHA per serving to support Healthy Eye and Brain Development*
- Plus Borage Oil (GLA)

180 Softgels
A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 60

	Amount Per Serving	%Daily Value*
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	†
Vitamin A (100% as Beta-Carotene)	5,000 IU	63%
Vitamin C (from Calcium Ascorbate)	120 mg	200%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Acetate)	100 IU	333%
Vitamin K (as Menaquinone K2 and Phytanadione K1)	35 mcg	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	5 mg	294%
Riboflavin (Vitamin B-2)	5 mg	250%
Niacin (Vitamin B-3) (as Niacinamide)	15 mg	75%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	400%
Folate (as Folic Acid)	800 mcg	100%
Vitamin B-12 (as Methylcobalamin)	500 mcg	6250%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from D-Calcium Pantothenate)	20 mg	200%
Calcium	400 mg	31%
[from Calcium Carbonate (Aquamin® Red Algae Sea Minerals), Calcium Citrate and Calcium Ascorbate]		
Iron (from Ferrochel® Ferrous Bisglycinate) (TRAACS®)	27 mg	150%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide, Aquamin® Red Algae Sea Minerals and Magnesium Citrate)	200 mg	44%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from Selenium Amino Acid Complex) (TRAACS®)	70 mcg	†

Copper (from Copper Bisglycinate) (TRAACS®)	2 mg	100%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	†
Chromium (from Chromium Chelavite®) (TRAACS®)	120 mcg	†
Molybdenum (from Molybdenum Bisglycinate) (TRAACS®)	75 mcg	†
Potassium (from Potassium Chloride)	25 mg	†
Fish Oil Concentrate	650 mg	†
DHA (Docosahexaenoic Acid)	250 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
Borage Oil (Seed)	125 mg	†
GLA (Gamma Linolenic Acid)	25 mg	†
Choline (from Choline Bitartrate)	10 mg	†
Inositol	10 mg	†
Lutein (from Marigold Flowers)	500 mcg	†
Lycopene (from Natural Tomato Extract)	350 mcg	†

* Percent Daily Values for Pregnant and Lactating Women.
† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Rice Bran Oil, Beeswax, Soy Lecithin and Natural Lemon Oil.

Contains fish (tuna, anchovies) and soy.

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For more information visit www.nowfoods.com/3811

Not manufactured with wheat, gluten, milk, egg, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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

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