

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV**
Vitamin A (100% as Beta Carotene)	4000 I.U.	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Cholecalciferol)	400 I.U.	100%
Vitamin E (dl-alpha Tocopheryl Acetate)	30 I.U.	100%
Thiamin (as Thiamin Mononitrate)	1.8 mg	106%
Riboflavin (B-2)	1.7 mg	85%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCl)	2.6 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12	8 mcg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	156%
Zinc (as Zinc Oxide)	25 mg	167%

** Percent Daily Value (DV) for Pregnant and Lactating Women.

Other Ingredients: Cellulose, Starch, Stearic Acid, Silicon Dioxide, Croscarmellose Sodium, Polydextrose, Titanium Dioxide, Magnesium Stearate, Artificial Colors (FD&C Red #40, FD&C Yellow #6, FD&C Blue #2), PEG.

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving		% DV**
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1%
DHA	200 mg	***
<small>(docosahexaenoic acid from Schizochytrium sp. oil)</small>		

**Percent Daily Values (DV) based on a 2,000 calorie diet
***Daily Value not established.

Other Ingredients: High Oleic Sunflower Oil, Sunflower Lecithin, Mixed Tocopherols (Vitamin E) and Ascorbyl Palmitate (Vitamin C) as Antioxidants, in a Gelatin Capsule (Gelatin, Water, Glycerin, FD&C Red #40, Annatto).

***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.**



Supplementation with Omega-3 fatty acids should be avoided in patients with inherited or acquired bleeding predispositions, including those taking anticoagulants. As with any product containing Omega-3 fatty acids, adhere carefully to the amount recommended by your healthcare provider.

**KEEP OUT OF REACH OF CHILDREN.
USE ONLY IF INNER SEAL IS NOT BROKEN OR MISSING.**

Store in a cool, dry place, tightly closed.

500105/500893-0214



Directions: As a dietary supplement for pregnant and nursing women, take one (1) tablet and one (1) softgel daily with a meal or as directed by your healthcare provider. Not intended for children or other adult populations. Individual results may vary.

Warning: Consult a healthcare provider prior to use if: pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

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.

Folic acid may obscure the diagnosis of pernicious anemia. Folate intake should not exceed 1,000 mcg per day. As with any product containing folic acid, iron or the non-water soluble vitamins D and E, adhere carefully to the amount recommended by your healthcare provider.

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21ST Century HealthCare, Inc.
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21ST
CENTURY®

prenatal
Multivitamin/Mineral + DHA

Support for Fetal Brain, Eye and Spinal Cord Development*

For Pregnant & Nursing Mothers



- Contains NO Fish, Mercury or PCBs
- Plant-sourced DHA
- Doctors Recommend DHA During Pregnancy & While Nursing*

2 Step:

**60 Tablets
60 Softgels**

Dietary Supplement

prenatal
Multivitamin/Mineral + DHA

Clinical studies have shown that taking 200 mg of DHA during pregnancy and while nursing may provide support in the development of brain and eye function.* In fact, many doctors specifically recommend that pregnant women and nursing mothers take a multivitamin and consume 200 mg of DHA per day during these important times.* The unique DHA in 21ST Century Prenatal Multivitamin/Mineral + DHA is an ultra-pure and completely fish-free DHA to support your baby's brain and eye development.*

This 2-step multivitamin and DHA supplement program also contains extra folic acid to provide support for the development of your baby's spinal column.*