

Amount Per Serving	% Daily Value
Manganese (from manganese gluconate).....	2 mg *
Selenium (from sodium selenate).....	10 mcg *
Chromium (from Chromax® chromium picolinate)...	10 mcg *

* % Daily Value for pregnant and lactating women.

* Daily value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silica, magnesium stearate (vegetable source), orange oil, vanilla extract, glycerin.

SUGGESTED USE: Take three tablets daily, divided among meals. Pair with a calcium supplement to meet the full recommended intake.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Our Prenatal with DHA is designed to meet the nutritional demands on a woman's body before, during and after pregnancy. Each lot is tested for proper tablet breakdown in the stomach. †

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0008

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 center immediately.

† 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.

PRENATAL with DHA

Multivitamin with Iron,
Folic Acid and Choline

Nutritional Support Before, During,
and After Pregnancy[†]

Dietary Supplement
90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (100% as beta-carotene)	4,000 IU 60%
Vitamin C (as ascorbic acid)	70 mg 120%
Vitamin D3 (as cholecalciferol)	500 IU 125%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%
Thiamin (as thiamine hydrochloride)	2 mg 120%
Riboflavin	2 mg 100%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg 100%
Folic Acid	800 mcg 100%
Vitamin B12 (as cyanocobalamin)	8 mcg 100%
Biotin	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg 100%
Calcium (from dibasic calcium phosphate, calcium citrate and calcium pantothenate).....	350 mg 35%
Iron (from ferrous fumarate)	27 mg 150%
Phosphorus (from calcium phosphate)	240 mg 34%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from magnesium citrate)	150 mg 35%
Zinc (from zinc gluconate)	15 mg 100%
Copper (from copper gluconate)	2 mg 100%
Choline (as choline bitartrate)	150 mg *
DHA (from algae)	50 mg *
Lemon bioflavonoid complex	25 mg *

KEEP OUT OF REACH OF CHILDREN.

VL 573-90C

