

**Suggested Usage:** Take 3 softgels daily with food.

\*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.

**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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



# Prenatal Gels + DHA

Multi Vitamin & Mineral

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

90 Softgels  
A Dietary Supplement



EUA # 1482865  
CODE 3809 V6

SOFTGEL SIZE

## Vitamins

Family owned since 1968.

### Supplement Facts

Serving Size 3 Softgels    Servings Per Container 30

	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 Phytonadione 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)	13 mg	65%
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 Calcium Pantothenate)	20 mg	200%
Calcium (from Calcium Carbonate (Aquamin® Seaweed Derived Minerals), Calcium Citrate and Calcium Ascorbate)	400 mg	31%
Iron (from Ferrous Bisglycinate) (Ferrochel®)	27 mg	150%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide, Aquamin® Seaweed Derived Minerals and Magnesium Citrate)	200 mg	44%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%

Selenium (from Selenium Glycinate Complex) (Albion®)	70 mcg	†
Copper (from Copper Bisglycinate) (TRAACS®)	2 mg	100%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	†
Chromium (from Chromium Nicotinate Glycinate) (TRAACS®)	120 mcg	†
Molybdenum (from Molybdenum Glycinate) (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 (bovine gelatin, glycerin, water, carob), Rice Bran Oil, Beeswax, Soy Lecithin and Natural Lemon Oil.

Contains fish (tuna, anchovies) and soy.

Quality Tested & Packaged by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
nowfoods.com

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

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