Nature Made

Prenatal
Multi + Choline
+ Folic Acid & DHA

140% MORE CHOLINE PER DOSE♦

Prenatal Multi + Choline

FOR BABY'S DEVELOPMENT

Folic Acid
Supports the development of baby's nervous system†

Choline
Essential nutrient that supports baby's brain & spinal cord development†

DHA
Helps support baby's brain & eye development†

FOR MOM'S HEALTH

Magnesium helps relax the body†

Biotin helps support healthy hair & skin†

8 Essential B vitamins to support cellular energy metabolism†

+ **Choline:** 95% of pregnant women do not meet the recommended intake level of Choline.

†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.

OVER 50 YEARS OF EXPERTISE

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140% MORE CHOLINE PER DOSE♦

CLINICALLY STUDIED INGREDIENTS‡

WOMEN + BABY

21 nutrients to support mom's health including nutrients important for the baby's brain & spinal cord development†
Clinically proven absorption of Folic Acid & Iron‡

Actual Size
60 MULTI SOFTGELS
60 CHOLINE CAPSULES
Dietary Supplement

ORANGE SCENTED SOFTGELS

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♦Compared to the leading 2 pill prenatal multivitamin at date of manufacture.

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Lot :
Exp.:

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SUGGESTED USE: Adults, take 1 softgel and 1 capsule daily with water and a meal for optimal absorption.
Store tightly closed, in a cool, dry place, out of reach of children.
Do not use if seal under cap is broken or missing.
This package contains two bottles: one Choline Capsules + one Prenatal Multi Softgels.

✓ No Synthetic FD&C Dyes
✓ Gluten Free

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: If you are taking medication or have blood clotting issues, consult your physician before use.

PRENATAL MULTI

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value for Pregnant Women and Lactating Women
Calories 5	
Cholesterol less than 5 mg	1%
Vitamin A (as Beta Carotene) 770 mcg	59%
Vitamin C (as Ascorbic Acid) 85 mg	71%
Vitamin D3 25 mcg (1000 IU) (as Cholecalciferol)	167%
Vitamin E (as d-Alpha Tocopherol) 15 mg	79%
Vitamin K (as Phytonadione) 90 mcg	100%
Thiamin (as Thiamine Mononitrate) 1.4 mg	100%
Riboflavin 1.4 mg	88%
Niacin (as Niacinamide) 18 mg	100%
Vitamin B6 1.9 mg (as Pyridoxine Hydrochloride)	95%
Folate 1330 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B12 (as Cyanocobalamin) 5.2 mcg	186%
Biotin 30 mcg	86%
Pantothenic Acid 6 mg (as d-Calcium Pantothenate)	86%
Calcium 150 mg (as Calcium Carbonate)	12%
Iron (as Ferrous Fumarate) 27 mg	100%
Iodine (as Potassium Iodide) 150 mcg	52%
Magnesium (as Magnesium Oxide) 45 mg	11%
Zinc (as Zinc Oxide) 11 mg	85%
Omega-3 Fatty Acids 260 mg (from Fish Oil Concentrate)††	*
Omega-3 Docosahexaenoic Acid (DHA)†† 200 mg	*
Omega-3 Eicosapentaenoic Acid (EPA)†† 60 mg	*

*Daily Value not established.

CHOLINE

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value for Pregnant Women and Lactating Women
Total Carbohydrate less than 1 g	<1%**
Choline (as Choline Bitartrate) 265 mg	48%

** Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Gelatin, Glycerin, Lecithin, Yellow Beeswax, Less than 2% of Soybean Oil, Dibasic Calcium Phosphate, Tocopherols, Resin, Ascorbyl Palmitate.

OTHER INGREDIENTS: Hypromellose, Magnesium Stearate, Cellulose Gel, Silicon Dioxide.

DISTRIBUTED BY: Nature Made Nutritional Products
West Hills, CA 91309-9003, USA **1-800-276-2878 • www.NatureMade.com**

For information about heavy metal testing on this product, visit www.naturemade.com/test-results

Encapsulated and quality tested in the USA.
Made to our guaranteed purity and potency standards.

†† As ethyl esters