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OVER 50 YEARS OF EXPERTISE

Nature Made®

Prenatal
+ Folic Acid & DHA

DIETARY SUPPLEMENT USP VERIFIED

CLINICALLY STUDIED INGREDIENTS‡

EVERYDAY VALUE

WOMEN + BABY

1 PER DAY

20 nutrients to support mom's health including nutrients for the baby's brain, eyes & nervous system development†

Clinically proven absorption of Folic Acid & Iron‡

ORANGE SCENT

100 SOFTGELS | Dietary Supplement

†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.

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 (as Cholecalciferol) 25 mcg (1000 IU)	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 (as Pyridoxine Hydrochloride) 1.9 mg	95%
Folate 1330 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B12 (as Cyanocobalamin) 5.2 mcg	186%
Biotin 30 mcg	86%
Pantothenic Acid (as d-Calcium Pantothenate) 6 mg	86%
Calcium (as Calcium Carbonate) 150 mg	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 (from Fish Oil Concentrate)†† 260 mg	*
Omega-3 Docosahexaenoic Acid (DHA)†† 200 mg	*
Omega-3 Eicosapentaenoic Acid (EPA)†† 60 mg	*

*Daily Value not established.

SUGGESTED USE: Adults, take 1 softgel 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.**

✓ No Synthetic FD&C Dyes
✓ Gluten Free

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

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.

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

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

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. **www.uspverified.org**

†† As ethyl esters

Lot :
Exp.:

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