

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 and spinal cord development†

DHA

Helps support baby's brain and eye development†

FOR MOM'S HEALTH

Magnesium helps relax the body†

Biotin helps support healthy hair and 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.

Nature Made

Prenatal Multi + Choline

Folic Acid + DHA + 265 mg Choline

OVER 50 YEARS OF EXPERTISE

Nature Made

Prenatal Multi + Choline

Folic Acid + DHA
+ 265 mg Choline

CLINICALLY PROVEN
ABSORPTION
OFFOLIC ACID & IRON

Key nutrients support baby's brain,
cognitive and spinal cord development†

21 daily nutrients support
baby's development & mom†



Actual Size
60 MULTI SOFTGELS
with Orange Scent



Actual Size
60 CHOLINE CAPSULES

Dietary Supplement

**140%
MORE
CHOLINE**
per dose*

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



Lot :
Exp.:

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SUGGESTED USE: Adults, take 1 softgel and 1 capsule daily with water and a meal for optimal absorption.

PRENATAL MULTI

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value for Pregnant Women and Lactating Women	Amount Per Softgel	% Daily Value for Pregnant Women and Lactating Women
Calories 5		Biotin 30 mcg	86%
Cholesterol less than 5 mg	1%	Pantothenic Acid 6 mg (as d-Calcium Pantothenate)	86%
Vitamin A (as Beta Carotene) 770 mcg	59%	Calcium 150 mg (as Calcium Carbonate)	12%
Vitamin C (as Ascorbic Acid) 85 mg	71%	Iron (as Ferrous Fumarate) 27 mg	100%
Vitamin D3 25 mcg (1000 IU) (as Cholecalciferol)	167%	Iodine (as Potassium Iodide) 150 mcg	52%
Vitamin E (as d-Alpha Tocopherol) 15 mg	79%	Magnesium (as Magnesium Oxide) 45 mg	11%
Vitamin K (as Phytonadione) 90 mcg	100%	Zinc (as Zinc Oxide) 11 mg	85%
Thiamin (as Thiamine Mononitrate) 1.4 mg	100%	Omega-3 Fatty Acids 260 mg (from Fish Oil Concentrate)††	*
Riboflavin 1.4 mg	88%	Omega-3 Docosahexaenoic Acid (DHA)†† 200 mg *	
Niacin (as Niacinamide) 18 mg	100%	Omega-3 Eicosapentaenoic Acid (EPA)†† 60 mg *	
Vitamin B6 1.9 mg (as Pyridoxine Hydrochloride)	95%	*Daily Value not established.	
Folate 1330 mcg DFE (800 mcg Folic Acid)	222%		
Vitamin B12 (as Cyanocobalamin) 5.2 mcg	186%		

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

CHOLINE

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% 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: Hypromellose, Magnesium Stearate, Cellulose Gel, Silicon Dioxide.

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878 • www.NatureMade.com

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

†† As ethyl esters

- ✓ No Synthetic FD&C Dyes
- ✓ Gluten Free

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if seal under cap is broken or missing.

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.