

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.



Prenatal Multi + Choline

Folic Acid + DHA + 265 mg Choline

OVER 50 YEARS OF EXPERTISE



Prenatal Multi + Choline

Folic Acid + DHA + 265 mg Choline

EVERYDAY VALUE



CLINICALLY PROVEN ABSORPTION OFF FOLIC ACID & IRON

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

21 daily nutrients support baby's development & mom†



Actual Size

70 MULTI SOFTGELS with Orange Scent



Actual Size

70 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
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%

Amount Per Softgel	% Daily Value for Pregnant Women and Lactating Women
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.

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.