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OVER 50 YEARS OF EXPERTISE

Nature Made

GUMMIES

Prenatal

**Folic Acid + DHA
+ Choline**



**CLINICALLY PROVEN
ABSORPTION
OF FOLIC ACID**

**Contains Folic Acid, Choline
& 14 other nutrients for
baby's development & mom†**

**Dietary Supplement
60 GUMMIES**



**MIXED BERRY
with other natural flavors**

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

Amount Per Serving	% Daily Value for Pregnant Women and Lactating Women
Calories 30	
Total Carbohydrate 7 g	3%**
Total Sugars 5 g	*
Includes 5 g Added Sugars	9%**
Protein less than 1 g	
Vitamin A (as Retinyl Acetate) 650 mcg	50%
Vitamin C (as Ascorbic Acid) 30 mg	25%
Vitamin D ₃ (as Cholecalciferol) 25 mcg (1000 IU)	167%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 15 mg	79%
Niacin (as Niacinamide) 18 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	100%
Folate 600 mcg DFE (360 mcg Folic Acid)	100%
Vitamin B ₁₂ (as Cyanocobalamin) 5.2 mcg	186%
Biotin 35 mcg	100%
Choline (as Choline Bitartrate) 55 mg	10%
Calcium (as Tricalcium Phosphate) 130 mg	10%
Iodine (as Potassium Iodide) 150 mcg	52%
Magnesium (as Magnesium Citrate) 40 mg	10%
Zinc (as Zinc Sulfate) 2.6 mg	20%
Sodium 10 mg	<1%
Fish Oil 263 mg	*
Total EPA & DHA 70 mg	*
Omega-3 DHA (Docosahexaenoic Acid) 58 mg	*
Omega-3 EPA (Eicosapentaenoic Acid) 12 mg	*

*Daily Value not established.

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

- ✓ No Artificial Flavors - Natural Fruit Flavors
- ✓ No Synthetic Dyes - Color Derived from Natural Source
- ✓ No High Fructose Corn Syrup
- ✓ No Artificial Sweeteners
- ✓ Gluten Free

SUGGESTED USE: Adults, chew 2 gummies daily. This product does not contain iron. Consult with your physician as to specific iron supplementation needs.

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

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

CAUTION: Take only as directed. If you are taking medications or have blood clotting issues, consult your physician before use. Biotin may interfere with lab tests. If you are planning to undergo lab testing, consult your physician before use.

OTHER INGREDIENTS: Sugar, Glucose Syrup, Water, Gelatin, Less than 2% of Lactic Acid, Calcium Lactate, Citric Acid, Color Added, Sucrose Fatty Acid Esters, Natural Flavors, Tocopherols.

DISTRIBUTED BY:

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

USP has tested and verified ingredients, potency, and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org

Lot:
Exp.:

†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.

