

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC
WOMEN'S

Multivitamin

PRENATAL

PLUS DHA & IRON

Support for mom and baby during pregnancy and beyond.

Whether you're planning on pregnancy, already expecting or breastfeeding your baby, our Women's Prenatal Multivitamin has the support you need with a nutritional blend of vitamins, minerals and more. This multi also includes:

- ✓ **DHA**
Features 500 mg of DHA omega-3 fatty acids to support the healthy development of your baby's brain, eyes and nervous system.*
- ✓ **Iron**
Contains 18 mg of iron. Iron plays a crucial role in the formation of healthy red blood cells, which is essential to support placental and fetal needs and a mother's increased blood volume.*
- ✓ **Folic Acid**
Provides 1000 mcg of folic acid, which, as part of a healthy diet, may reduce the risk of brain and spinal cord birth defects when taken before and during pregnancy. It's also required for cell growth and DNA formation.*
- ✓ **Calcium**
Includes 600 mg of calcium, which is especially vital during the third trimester when your baby's bones begin to calcify. If a mother's calcium level drops, her body can pull calcium from her bones, which can result in loss of bone density.*

OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

* 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.

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PRENATAL

PLUS DHA & IRON

For before, during & after pregnancy

Added DHA, folic acid & calcium to support the healthy development of your baby



DIETARY SUPPLEMENT

90 SOFTGELS/30-DAY SUPPLY

CODE 286721

EUG

DIRECTIONS: As a dietary supplement, take three softgel capsules daily with food.

Supplement Facts

Serving Size Three Softgel Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value†	
Calories	15	
Total Fat	1.5 g	2%‡
Vitamin A (as beta-Carotene)	1350 mcg	104%
Vitamin C (as Ascorbic Acid)	120 mg	100%
Vitamin D (as Cholecalciferol D-3)	10 mcg	37%
Vitamin E (as dl-alpha Tocopheryl Acetate)	13.5 mg	71%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.4 mg	100%
Riboflavin (Vitamin B-2)	1.6 mg	100%
Niacin (as Niacinamide)	18 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folate	1700 mcg DFE (1000 mcg Folic Acid)	283%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	286%
Biotin	35 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	7 mg	100%
Choline (as Choline Bitartrate)	0.55 mg	0%
Calcium (as Calcium Carbonate)	600 mg	46%
Iron (as Ferrous Fumarate)	18 mg	67%
Iodine (as Potassium Iodide)	290 mcg	100%
Magnesium (as Magnesium Oxide)	200 mg	50%
Zinc (as Zinc Oxide)	15 mg	115%
Selenium (as Selenium Yeast)	70 mcg	100%
Copper (as Cupric Oxide)	1.3 mg	100%
Manganese (as Manganese Sulfate)	2.6 mg	100%
Chromium (as Chromium Chloride)	45 mcg	100%
DHA (Docosahexaenoic Acid)(from Fish Body Oil)	500 mg	*

† Percent Daily Value based on a 2,000 calorie diet.

‡ Daily Value for pregnant or lactating women.

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Soybean Oil, Glycerin, Yellow Beeswax, Caramel Color, Soy Lecithin

CONTAINS: Wheat, Soybeans, Fish (Anchovy, Mackerel, Pollock, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

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.

Folate intake should not exceed 283% of the DV, 1700 mcg DFE (1000 mcg)

No Sugar, No Starch, No Artificial Flavors, No Preservatives, No Dairy.