



PreNatal Multi

Healthy Planning Before, During and After.

Twenty-nine ingredients in a soft gel provide comprehensive support of body and mind for mother and child. PureGels® PreNatal Multivitamin supports a baby's healthy development and a mother's vitality.* It contains 100% or more of the recommended daily values of 16 essential vitamins and minerals which support proper fetal development and a woman's well-being. High potency DHA supports fetal and post-natal vision, neurological, and brain development. Ginger oil and alfalfa leaf promote healthy digestion in expectant mothers.*

To learn more, check out www.puregels.com/PreNatalMulti

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



PureGels® Natural Supplements - Essential Balance for Body and Mind™

PureGels® Nutraceuticals • PMB 463 • 9911 Paramount Blvd. • Downey, CA 90240 • 800.678.4692 • puregels.com

Supplement Facts

Serving Size 4 Soft Gels

Amount per 4 Soft Gels		% Daily Value*
Total Fat	0 g	0%
Trans Fat	0 g	0%
Vitamin A (as Beta-carotene)	5000 IU	100%
Vitamin D (from Fish Liver Oil)	200 IU	50%
Vitamin C (Ester-C® Calcium Ascorbate) ^f	60 mg	100%
Vitamin E (d-alpha tocopherol)	30 IU	100%
B-1 (Thiamin)	1.5 mg	100%
B-2 (Riboflavin)	1.7mg	100%
B-3 (Niacin)	20 mg	100%
B-5 (Pantothenic Acid)	10 mg	100%
B-6 (Pyridoxine HCl)	2 mg	100%
B-7 (Biotin)	300 mcg	100%
B-12 (Cyanocobalamin)	60 mcg	1000%
Folic Acid (Folate)	1000 mcg	250%
Calcium (Carbonate)	360 mg	36%
Magnesium (Oxide)	180 mg	45%
Iron (Ferrous Succinate)	27 mg	150%
Zinc (Citrate)	10 mg	67%
Selenium (L-selenomethionine)	50 mcg	71%
Copper (Sulfate)	2 mg	100%
Manganese (Citrate)	2 mg	100%
Chromium (Polynicotinate)	120 mcg	100%
Molybdenum (Aspartate)	75 mcg	100%
Potassium (Citrate)	10 mg	< 1%
DHA (from Fish)	300 mg	†
EPA (from Fish)	max. 30 mg	†
Choline (Bitartrate)	10 mg	†
Inositol	5 mg	†
Citrus Bioflavonoids	25 mg	†
Ginger Oil	100 mg	†
Alfalfa Leaf Powder	10 mg	†

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

† Daily Value not established

Other Ingredients: Rice bran oil, gelatin, glycerin, purified water, lecithin (soy), yellow beeswax, turmeric powder, annatto extract.

Directions: Take two soft gels twice daily with meals, or as recommended by your health care professional.

Note: Though this prenatal formula provides a generous amount of daily calcium, we strongly suggest additional fortification through dietary and supplemental calcium sources.

Contains: Corn, Fish (Anchovy, Mackerel, Sardine, Skipjack, Tuna), Soy

Does NOT Contain: Yeast, Added Sugars, Added Sodium, Artificial Colors, Artificial Flavors, or Preservatives.

Caution: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP OUT OF THE REACH OF CHILDREN. Keep tightly closed in a cool, dry place. In case of accidental overdose, call a doctor or poison control center immediately.

Pregnant Women and Women of Child Bearing Age: Do not exceed 8,000 IU of Vitamin A daily, except under the advice of a physician. Everyone should limit excessive Vitamin A intake to avoid serious adverse effects.

PreNatal Multi

Provides Comprehensive Prenatal Support*

Dietary Supplement • 120 Soft Gels

In planning before conception, during pregnancy, and in postpartum lactation, PureGels® PreNatal Multi provides a full spectrum of 29 essential vitamins, minerals, and supplemental nutrients to support a baby's healthy development and a mother's vitality.* We have formulated with extra folic acid, iron, and Vitamin B-12 for proper fetal development, and a high potency of the Omega-3 fatty acid DHA (from highly purified, low-odor fish oil) to support fetal and post-natal vision, neurological, and brain development. The addition of alfalfa leaf and ginger oil promotes healthy digestion in expectant mothers.*

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For Your Knowledge: The raw material fish oil in our products complies with the CRN (Council for Responsible Nutrition) Voluntary Monograph for Omega-3 fatty acids obtained from fish, plant, or microbial sources. CRN established standards for mercury, heavy metals, PCBs, and dioxins more stringent than FDA, and equal to or more stringent than those set by EPA and the state of California (Proposition 65). Natural processes called molecular distillation and steam deodorization provide maximum purity of our Omega-3 fatty acids.

Storage: KEEP OUT OF THE REACH OF CHILDREN. Keep tightly closed in a cool dry place.

To enjoy Special Offer Savings and for more information, visit us at www.puregels.com or call us toll-free at 800.678.4692.

^f Ester-C® is a licensed trademark of Zila Nutraceuticals, Inc. Manufactured under U.S. Patent No. 4,822,816 and 5,070,085 and corresponding foreign patents. Other patents pending.

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