



# Prenatal Daily Duo™

Prenatal Daily Duo™ contains 30 Prenatal One™ tablets and 30 Prenatal DHA Smart Essentials™ soft gels, a 30-day supply. It provides potent prenatal vitamins, minerals and superfood extracts, plus added folic acid, Omega 3 fatty acids and antioxidant vitamin E to promote baby's healthy development, and support mom's nutrition and energy, in just one tablet and one softgel a day.\* Prenatal One's™ plant-source enzymes, ginger juice and probiotics support digestion and absorption, for no stomach upset.\*

DHA 250 Smart Essentials™ is formulated for easy digestion and is distilled for exceptional purity with no "fishy" aftertaste.\* Prenatal One™ and DHA 250 Smart Essentials™ are 100% natural, and are wheat-free, gluten-free, sugar-free, dairy-free and yeast-free. They are also lactose-free and contain no artificial colors, flavors, sweeteners, preservatives or additives.

## Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%DV†
Vitamin A (as Palmitate, Beta-carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D2 Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%
Vitamin K (as Phytanadione)	65 mcg	*
Vitamin B-1 (as Thiamin Mononitrate)	10 mg	588%
Riboflavin (Vitamin B-2)	10 mg	500%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine)	15 mg	600%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	313%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	15 mg	150%
Calcium (as Carbonate, Citrate-Malate)	200 mg	15%
Iron (as Amino Acid Chelate)	30 mg	167%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Oxide)	100 mg	22%
Zinc (as Citrate)	15 mg	100%
Selenium (as Seleno-methionine)	100 mcg	*
Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Citrate)	2 mg	*
Chromium (as Amino Nicotinate)	120 mcg	*
Molybdenum (as Amino Acid Chelate)	75 mcg	*
Potassium (as Citrate)	10 mg	*
Citrus Bioflavonoid Complex	25 mg	*
Choline (as Bitartrate)	10 mg	*
Inositol	10 mg	*
Boron (as Glycinate)	1 mg	*
<b>Gentle Prenatal Blend</b>	90 mg	*
(equivalent to 320 mg food & herbal powder) Red Raspberry [leaf] 2:1 Extract, Ginger [rhizome] Fresh Juice 10:1 Extract, Organic Spirulina		
<b>Complete Digestive Support</b>	24 mg	*
Protease (664 HUT*), Amylase (226 DU*), Lipase (2 FIP*), Cellulase (3 CU*)		
ProbioActive™ ( <i>Bacillus coagulans</i> )	25,000,000 CFU	*

\*Daily Value (DV) not established. †% DV for pregnant or lactating women

Other Ingredients (natural mineral and vegetable source): cellulose, stearic acid, modified cellulose, silica. Coating: vegetable food glaze (hydroxy propyl cellulose, pharmaceutical glaze).

## Supplement Facts

Serving Size: 1 Softgel

	Amount Per Serving	%DV
Calories	10	*
Calories from fat	10	*
Total Fat	1 g	1%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Choline (as Bitartrate)	50 mg	*
Purified Deep Sea Fish Oil	416	*
Omega-3 Fatty Acids	308	*
Eicosapentaenoic acid (EPA)	33 mg	*
Docosahexaenoic acid (DHA)	250	*
Mixed Tocopherols	20 mg	*
Orange (peel) Essential Oil	15 mg	*

\*Daily Value (DV) not established.

Other Ingredients: soybean oil, yellow beeswax, silica, ascorbyl palmitate, lecithin (soy). Softgel Shell: gelatin, purified water, glycerin, natural caramel color, natural orange oil, zinc oxide, carob. Contains anchovy, sardine, mackerel and/or wild, sustainable, deep sea Pacific Ocean tuna.

**SUGGESTED USAGE:** While trying to conceive, pregnant or nursing, take 1 tablet and 1 softgel daily, together or separately, with or between meals.

**Free of • gluten • wheat • milk/dairy • nuts • eggs • yeast • sugar • artificial additives.**

Rev 5.0.0

Rev 4.0.0