

equate™

Compare to
One A Day®
Prenatal 1*

One Daily Prenatal

with Fish-Free Algal DHA & Folic Acid

Dietary Supplement
Complete Prenatal Multivitamin
with Folic Acid plus DHA

60
SOFTGELS

Supplement Facts

Serving Size: 1 Softgel		Amount % Daily Value	
Total Calories	5		
Calories from Fat	3		
Total Fat	0.5 g	1	%
Polysaturated Fat	0.5 g	1	%
Vitamin A (50% as Beta Carotene/50% as Palmitate)	4000 IU	50%	
Vitamin C (as Ascorbic Acid)	60 mg	100%	
Vitamin D ₃ (as Cholecalciferol)	400 IU	100%	
Vitamin E (as d-alpha-Tocopheryl Acetate)	30 IU	100%	
Vitamin B ₁ (as Thiamine Mononitrate)	1.7 mg	100%	
Vitamin B ₂ (Riboflavin)	2 mg	100%	
Niacin (as Nicotinamide)	20 mg	100%	
Vitamin B ₆ (as Pyridoxine HCl)	2.5 mg	100%	
Folic Acid	300 mcg	100%	
Vitamin B ₁₂ (as Cyanocobalamin)	8 mcg	100%	
Biotin	300 mcg	100%	
Pantothenic Acid	30 mg	100%	
Calcium (as Calcium Carbonate)	30 mg	3%	
Iron (as Ferrous Fumarate)	28 mg	100%	
Iodine (as Potassium Iodide)	150 mcg	100%	
Magnesium (as Magnesium Oxide)	50 mg	100%	
Zinc (as Zinc Oxide)	20 mg	100%	
Copper (as Copper Oxide)	2 mg	100%	
Omega-3 Fatty Acids	200 mg	1	%
DHA (docosahexaenoic acid from Schizochytrium sp.)	200 mg	1	%

DISTRIBUTED BY: Wal-Mart Stores, Inc., Bentonville, AR 72716
This product is not manufactured or distributed by Bayer HealthCare, the owner of the registered trademark One A Day®.

OTHER INGREDIENTS: Gelatin Capsule (Gelatin, Glycerin, Purified Water, Titanium Dioxide, FD&C Red #40, FD&C Blue #1), High Dose Acid Sunflower Oil, Yellow Beeswax, Soy Lecithin, Corn Oil, Sunflower Lecithin, Rosemary Extract, Tocopherols and Ascorbyl Palmitate (see Antioxidants).

CONTAINS SOY.

SUGGESTED USE: As a dietary supplement for pregnant and nursing women, take one softgel daily with a meal.

Gluten-Free • NO DAIRY • NO SWEETENER

WARNING: Folic Acid may obscure the diagnosis of pernicious anemia. Folate intake should not exceed 1,000 mcg. As with any product containing folic acid, iron or the iron-water soluble vitamins D and E, adhere carefully to the amount recommended by your doctor.

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.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place with cap tightly closed. Avoid excessive heat.

FOR YOUR PROTECTION, DO NOT USE IF INNER SEAL UNDER CAP IS BROKEN OR MISSING

Satisfaction guaranteed - Or we'll replace it or give you your money back. For questions or comments or to report an undesired reaction or side effect, please call 1-888-287-1915.

PLEASE RECYCLE
part # 2197

part # 2197



For use before, during & after pregnancy

Key Prenatal Ingredients:

	800 mcg Folic Acid	200 mcg DHA Omega-3	28 mg iron	Fish-Free Algal DHA
Equate™ One Daily Prenatal	YES	YES	YES	YES
One A Day® Prenatal 1	YES	YES	YES	NO

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- Algal DHA: Free of ocean borne contaminants (such as PCBs, dioxins and heavy metals)
- 100% DV Folic Acid supports spinal column development*



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One Daily Prenatal

with Fish-Free Algal DHA & Folic Acid

Dietary Supplement
Complete Prenatal Multivitamin
with Folic Acid plus DHA

- DHA omega-3 supports fetal brain and eye development*
- Algal DHA: Used in doctor recommended prenatal brands and infant formulas
- 100% DV Folic Acid supports spinal column development*



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Calcium (as Calcium Carbonate)	30 mg	3%
Iron (as Ferrous Fumarate)	28 mg	156%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	11%
Zinc (as Zinc Oxide)	15 mg	100%
Copper (as Copper Oxide)	2 mg	100%
Omega-3 Fatty Acids	200 mg	1
DHA (docosahexaenoic acid from Schizochytrium sp.)	200 mg	1

*% Daily Value (DV) not established.

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