

Directions: Adults: One tablet and one softgel daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% DV for Pregnant/ Lactating Women	Amount Per Serving	% DV for Pregnant/ Lactating Women	Amount Per Serving	% DV for Pregnant/ Lactating Women
Vitamin A (50% as beta-carotene)	4000 IU 50%	Niacin	20 mg 100%	Iron	28 mg 156%
Vitamin C	60 mg 100%	Vitamin B6	2.5 mg 100%	Iodine	150 mcg 100%
Vitamin D	400 IU 100%	Folic Acid	800 mcg 100%	Magnesium	50 mg 11%
Vitamin E	30 IU 100%	Vitamin B12	8 mcg 100%	Zinc	15 mg 100%
Thiamin (Vitamin B1)	1.7 mg 100%	Biotin	300 mcg 100%	Copper	2 mg 100%
Riboflavin (Vitamin B2)	2 mg 100%	Pantothenic Acid	10 mg 100%		
		Calcium (elemental)	300 mg 23%		

INGREDIENTS: Calcium Carbonate, Dicalcium Phosphate, Microcrystalline Cellulose, Ferrous Fumarate, Magnesium Oxide, Ascorbic Acid, Croscarmellose Sodium, Gelatin, dl-Alpha Tocopheryl Acetate, Stearic Acid, Polyvinyl Alcohol, Niacinamide, Zinc Oxide, Calcium Pantothenate, Titanium Dioxide Color, Magnesium Stearate, Polyethylene Glycol, Talc, Silicon Dioxide, Cupric Sulfate, Pyridoxine Hydrochloride, Calcium Silicate, Thiamine Mononitrate, Riboflavin, Beta-Carotene, Folic Acid, FD&C Red #40 Aluminum Lake, Vitamin A Acetate, Sodium Lauryl Sulfate, Biotin, Potassium Iodide, FD&C Blue #2 Aluminum Lake, Cholecalciferol, Cyanocobalamin.

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.

Supplement Facts

Serving Size: One softgel

Amount Per Serving	% DV for Pregnant/ Lactating Women	Amount Per Serving	% DV for Pregnant/ Lactating Women
Calories	10	Omega-3 Fatty Acids (from fish oil)	440 mg *
Calories from Fat	10	EPA (eicosapentaenoic acid)	240 mg
Total Fat	1 g *	DHA (docosahexaenoic acid)	200 mg
Polyunsaturated Fat	0.5 g *		
Cholesterol	5 mg *		

INGREDIENTS: Fish Oil, Gelatin, Glycerin, Natural Mixed Tocopherols, Ethylcellulose, Ammonium Hydroxide, Sodium Alginate, Medium Chain Triglycerides, Propylene Glycol, Oleic Acid, Natural & Artificial Flavor, Stearic Acid. CONTAINS: SARDINES, ANCHOVIES, SOY, COCONUT

See side panel for additional warnings

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**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.

±19 Nutrients

This product also includes a DHA/EPA softgel. DHA helps support healthy fetal brain and eye development during pregnancy.**

This product includes a complete† multivitamin tablet with key nutrients such as folic acid and iron.

Supplies important nutrients a woman's body needs before, during and after pregnancy.**

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING

A Complete† Multivitamin with Nutrients that Matter to Mom and Baby



women's daily prenatal combo pack dietary supplement

Compare to One A Day® Women's Prenatal***

DHA & folic acid complete† prenatal multi and DHA: DHA to help support healthy fetal brain and eye development** 800 mcg of folic acid = 100% daily value for use before, during and after pregnancy



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2x/30
TABLETS & SOFTGELS

30 PRENATAL MULTI TABLETS AND 30 PRENATAL DHA/EPA SOFTGELS SHOWN ACTUAL SIZE ABOVE

Complete† prenatal multi and DHA:

- Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect
- Iron helps deliver oxygen to the fetus**
- DHA helps support healthy fetal brain and eye development during pregnancy**

† 19 Nutrients

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Caution: If you are pregnant, inform your doctor, or if nursing, your child's doctor, that you are taking this product. Ask your doctor before use if you are taking any medication, are planning any medical procedure, have a medical condition or have bleeding problems.

Keep out of reach of children.

Child-resistant cap Store in a dry place at room temperature (59°-86°F).

***This product is not manufactured or distributed by Bayer HealthCare LLC, owner of the registered trademark One A Day®.

Questions? Call 1-800-910-6874

GLUTEN FREE

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