

Item# 00813-0202-01

HEALTHY  HAPPY

O-CAL[®] PRENATAL

**Vitamin & Mineral
Supplement with Folic Acid**

Gluten Free

100 tablets

pharmics^{INC.}

Dosage: One tablet daily or as directed by a physician.

Indications: To provide vitamin and mineral supplementation prior to and through pregnancy and during the postnatal period, for both lactating and non-lactating mothers.

Caution: Folic Acid in doses above 1 mg may obscure pernicious anemia, in that hematological remission may occur while neurological manifestations remain progressive.

Additional Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Rev 9/18



1 800 456 4138
www.pharmics.com

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% daily value*
Each Tablet Contains:		
Vitamin A (as Beta Carotene)	2500 IU	31%
Vitamin C (as Ascorbic Acid)	70 mg	117%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamine (as Thiamine Mononitrate)	1.5 mg	88%
Riboflavin (Vitamin B2)	1.6 mg	80%
Niacin (as Niacinamide)	17 mg	85%
Vitamin B6 (as Pyridoxine HCl)	12 mg	480%
Folic Acid	1000 mcg	125%
Vitamin B-12 (as Cyanocobalamin)	12 mcg	150%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	15 mg	83%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magenesium Oxide)	100 mg	22%
Zinc (as Zinc Oxide)	15 mg	100%
Copper (as Cupric Sulfate)	2 mg	100%

*Percent daily value for a pregnant and or lactating woman

Manufactured for
Pharmics Inc.
Riverton, UT 84065

Other Ingredients: Cellulose, Croscarmellose Sodium, Malto Dextrin, Acacia Gum, Magnesium Stearate, Titanium Dioxide, Triacetin, Stearic Acid, Silicon Dioxide



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