



Prenatal Supplement with 200mg DHA

Unit Dose Pack
30 Softgel Capsules

Supplement Facts

Serving Size 1 Softgel Capsule

Each Softgel Capsule contains		% Daily Value In Pregnancy
Vitamin A (as beta carotene)	330 mcg RAE	14%
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin D (as cholecalciferol)	25 mcg	250%
Vitamin E (as dl-alpha tocopheryl acetate)	9 mg	67%
Thiamin (Vitamin B1)	1.5 mg	94%
Riboflavin (Vitamin B2)	1.8 mg	90%
Niacin (as niacinamide)	15 mg	75%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	100%
Folate (580 mcg DFE from Folic acid & 1020 mcg DFE from L-methylfolate calcium)	1700 mcg DFE	125%
Vitamin B12 (as cyanocobalamin)	12 mcg	150%
Iron (as polysaccharide iron complex)	29 mg	161%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	20 mg	4%
Zinc (as zinc oxide)	25 mg	167%
Copper (as copper oxide)	2 mg	100%
Algal oil blend (from natural algal oil) (*providing 200 mg DHA (docosahexaenoic acid))	415 mg*	†

† Daily Value not established

Other Ingredients: Gelatin, Sorbitol, Glycerin, Soybean Oil, Yellow Beeswax, USP Purified Water, Lecithin, FD&C Blue #1, Titanium Dioxide (color), Ethyl Vanillin. May contain: Corn Oil, dl-alpha tocopherol, High Oleic Sunflower Oil, Tocopherols, Ascorbyl Palmitate. Contains: Soy.

USAGE: Vitafol® Ultra provides vitamin, mineral, and DHA supplementation prior to conception, throughout pregnancy, and during the postnatal period for the lactating and non-lactating mother, including individuals with known allergies to fish. Vitafol® Ultra does not contain fish, fish oils, fish proteins or fish byproducts.

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 a Poison Control Center immediately.

DIRECTIONS FOR USE: Before, during and after pregnancy, one softgel capsule daily, or as directed by a physician.

HOW SUPPLIED: Vitafol® Ultra is available as a dark blue, oval shaped softgel capsule imprinted "EV0093". Available in Box of Unit-Dose pack of 30 (5 child resistant blister cards of 6 softgel capsules), 0642-0093-30 and as professional samples 0642-0093-03.

Store at room temperature, approximately 15°-30°C (59°-86°F), avoid excessive heat, light and moisture. Rx

See package insert for full prescribing information

Distributed by:
Exeltis USA, Inc., Florham Park, NJ 07932
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U.S. Patent No. 8,163,227

Metafolin® is a trademark of Merck KGaA, Darmstadt, Germany.

U.S. Patent Nos. 6,441,188B1; 5,997,915; 6,254,904; 6,808,725; 7,172,738 and 7,674,490
0933005-04



Prenatal Supplement with 200mg DHA

Small, tolerable
and complete with
key nutrients for
a healthy pregnancy.

