

EnfamilTM
Expecta[®]



Prenatal
Dietary Supplement

Helps Support Your Baby's Brain Development*
with **CHOLINE** & has **DHA**

Non-fish Source of **DHA**
Mercury Free

Hint of **Lemon**
to reduce burp back



Provides 100% DV
of Folic Acid

30 MULTIVITAMIN AND MINERAL TABLETS • **30** DHA SOFTGELS

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SOFTGEL

Supplement Facts

Serving Size: 1 softgel

Amount Per Serving	% Daily Value
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Calories 5	
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Total Fat 0.5 g	1%*
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DHA (docosahexaenoic acid from Schizochytrium sp. oil) 200 mg	†
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*Percent Daily Values are based on a 2,000 Calorie Diet
†Daily Value not established

OTHER INGREDIENTS: GELATIN, GLYCERIN, HIGH OLEIC SUNFLOWER OIL, WATER, LEMON OIL, SOY LECITHIN, ROSEMARY EXTRACT, COLORS (CARMINE AND TURMERIC), ASCORBYL PALMITATE (ANTI-OXIDANT), AND MIXED NATURAL TOCOPHEROLS (ANTIOXIDANT).

Distributed by:
MEAD JOHNSON & COMPANY, LLC
EVANSVILLE, IN 47721 U.S.A.

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Made in Canada

If you have a question, we are
here for you: 1-888-4EXPECTA

2018175

MULTIVITAMIN & MINERAL TABLET

Supplement Facts

Serving Size: 1 tablet

Amount Per Serving	% Daily Value for Pregnant/Lactating Women	
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Vitamin A (50% as Beta-Carotene, 50% Vitamin A Acetate)	4000 IU	50%
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Vitamin C (as Ascorbic Acid)	60 mg	100%
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Vitamin D (as D ₃ Cholecalciferol)	600 IU	150%
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Vitamin E (as Vitamin E Acetate)	30 IU	100%
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Thiamin (as Thiamin Mononitrate)	1.7 mg	100%
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Riboflavin	2 mg	100%
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Niacin (as Niacinamide)	20 mg	100%
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Vitamin B ₆ (as Pyridoxine Hydrochloride)	2.5 mg	100%
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Folic Acid	800 mcg	100%
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Vitamin B ₁₂	8 mcg	100%
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Biotin	300 mcg	100%
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Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
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Calcium (as Calcium Carbonate)	300 mg	23%
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Iron (as Ferrous Fumarate)	28 mg	156%
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Iodine (as Potassium Iodide)	150 mcg	100%
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Magnesium (as Magnesium Oxide)	50 mg	11%
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Zinc (as Zinc Oxide)	15 mg	100%
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Copper (as Cupric Sulfate)	2 mg	100%
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Choline (as Choline Bitartrate)	55 mg	*
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*Daily Value not established

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PARTIALLY HYDROLYZED POLYVINYL ALCOHOL, TITANIUM DIOXIDE, POLYETHYLENE GLYCOL, MAGNESIUM STEARATE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELLOSE SODIUM, FISH GELATIN (VITAMIN E EMULSIFIER DERIVED FROM COD, POLLACK, HADDOCK, HAKE, CUSK, REDFISH, SOLE & FLOUNDER), MONO & DIGLYCERIDES, TALC, BEEF GELATIN, ETHYL CELLULOSE, YELLOW 6 LAKE, ANTI-OXIDANTS (SODIUM ASCORBATE, DL-ALPHA-TOCOPHEROL, CITRIC ACID), BHT (A PRESERVATIVE). MAY CONTAIN SHRIMP.

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.

CHILD RESISTANT CAP

DIRECTIONS: Take one softgel and one tablet daily with a meal. Swallow whole with water. *For adults only. Consult your doctor before taking any supplement.*

Store these products at room temperature in a dry place. Keep tightly closed. Protect from excessive heat or freezing. Do not use if safety seal bearing "SEALED FOR YOUR PROTECTION" underneath cap is torn or missing.

