

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

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% Daily Value for Pregnant and Lactating Women	Amount Per Serving	% Daily Value for Pregnant and Lactating Women	Amount Per Serving	% Daily Value for Pregnant and 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	1.7 mg 100%	Biotin	300 mcg 100%	Copper	2 mg 100%
Riboflavin	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, dl-Alpha Tocopheryl Acetate, Gelatin, Stearic Acid, Polyvinyl Alcohol, Nicotinamide, 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, 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. (1-800-222-1222)

Supplement Facts

Serving Size: One softgel

	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Cholesterol	10 mg	*
Omega-3 Fatty Acids (from fish oil)	223 mg	*
DHA (docosahexaenoic acid)	200 mg	
EPA (eicosapentaenoic acid)	23 mg	

*Daily Value not established.

INGREDIENTS: Fish Oil, Gelatin, Glycerin, Ethylcellulose, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic Acid, Sodium Alginate, Natural Mixed Tocopherols, Stearic Acid. **CONTAINS: SARDINES, ANCHOVIES, SOY**

See side panel for additional warnings

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

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, planning any medical procedure, have a medical condition or have bleeding problems.

Keep out of reach of children.

Child-resistant cap

Store at room temperature. Avoid excessive heat.

Questions or comments? 1-888-287-1915

Nutrient Support for Mom & Baby Before, During & After Pregnancy**

Complete Prenatal Multi and DHA

- DHA helps support healthy fetal brain and eye development during pregnancy**
- 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**

**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.

Satisfaction guaranteed - For questions or comments please call 1-888-287-1915.

Distributed by: Wal-Mart Stores, Inc., Bentonville, AR 72716.
DHA/EPA Softgel Made in Canada

***This product is not manufactured or distributed by Bayer HealthCare LLC, distributor of One A Day® Women's Prenatal.

equate™

Daily Prenatal

Complete Prenatal Multi & DHA



50% Smaller † Softgel

equate™

Daily Prenatal

Complete Prenatal Multi & DHA

- DHA to help support healthy fetal brain and eye development**
- Provides 100% Daily Value of Folic Acid for pregnant and lactating women
- For use before, during and after pregnancy

Dietary Supplement

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†Compared to previous DHA/EPA softgel formula

**30
PRENATAL
MULTI
TABLETS**

**30
PRENATAL
DHA/EPA
SOFTGELS**

A Complete Multivitamin with Nutrients that Matter to Mom and Baby

- Supplies important nutrients a woman's body needs before, during and after pregnancy.**
- This product includes a complete multivitamin tablet with key nutrients such as folic acid and iron.
- This product also includes a DHA/EPA softgel. DHA helps support healthy fetal brain and eye development during pregnancy.**

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