



Targeted support from preconception through nursing*

PlusOne Daily Prenatal Packs provide comprehensive supplements to nutritionally support women, featuring vitamins, minerals, and phytonutrients, from preconception through nursing.* This science-based combination features targeted nutrition in a convenient once-daily packet.

PlusOne Daily Prenatal Packs provide:

Prenatal multivitamin support: A science-based combination of vitamins and minerals, incorporating 1 mg of methylfolate (1,665 mcg DFE) and antioxidants (vitamins E, C, and beta-carotene from mixed carotenoids) that reflect the latest research in prenatal nutrition*

Cardiovascular health and general health support: OmegaGenics EPA-DHA 720 and OmegaGenics Neuro 1000 feature high-quality omega-3 fatty acids

Fetal brain development support: Choline, an essential nutrient, is provided for additional support based on the latest research*

Free fatty acid metabolism support: L-carnitine plays a role in metabolic health and is required for the breakdown of fats and glucose into energy*

General health support: A select evidence-based combination of products featuring vitamins, minerals and nutrients to support general wellness*

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Metagenics created **PlusOne™** in partnership with board-certified experts Leslie Stone, MD, IFM-CP and Emily Rydbom, CN, BCHN, CNP, who apply nearly 50 years of combined obstetrics, nutrition, and functional medicine experience to help support women in reaching their nutrition and pregnancy goals.

PlusOne supplies specialized nutritional support for you, when you're adding a plus one.

Specialized nutritional support for you, when you're adding a **PlusOne.**

Each packet contains: 2 PlusOne Prenatal Multi capsules (light brown with speckles), 1 L-Carnitine capsule (white), 2 Choline capsules (green), 1 OmegaGenics EPA-DHA 720 softgel (yellow), and 1 OmegaGenics EPA-DHA Neuro 1000 softgel (yellow, etched).

Directions: Take one packet daily or as directed by your healthcare practitioner.

Warning: Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl palmitate) per day.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications.

Storage: Keep in a cool, dry place.

Products included are non-GMO and gluten-free.



Targeted support from preconception through nursing*

DAILY PRENATAL PACKS

DIETARY SUPPLEMENT

30 PACKETS

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per Serving	% Daily Value for Adults and Children 4 or more Years of Age	% Daily Value for Pregnant and Lactating Women
Calories	25		
Total Fat	3 g	4%*	4%*
Cholesterol	<5 mg	<2%	<2%
Vitamin A	1,650 mcg (from mixed carotenoids and retinyl palmitate)	183%	127%
Vitamin C	250 mg (as ascorbic acid and niacinamide ascorbate)	278%	208%
Vitamin D	25 mcg (1,000 IU) (as cholecalciferol)	125%	167%
Vitamin E	100.3 mg (from mixed tocopherols and d-alpha tocopheryl succinate)	669%	528%
Vitamin K	90 mcg (as phytonadione USP)	75%	100%
Thiamin	3.4 mg (as thiamin mononitrate)	283%	243%
Riboflavin	3.4 mg	262%	213%
Niacin	35 mg (as niacinamide ascorbate)	219%	194%
Vitamin B6	20 mg (as pyridoxine HCl and pyridoxal-5-phosphate)	1,176%	1,000%
Folate	1,665 mcg DFE (as calcium L-5-methyltetrahydrofolate) ¹	416%	278%
Vitamin B12	800 mcg (as methylcobalamin)	33,333%	28,571%
Biotin	300 mcg	1,000%	857%
Pantothenic Acid	20 mg (as calcium D-pantothenate)	400%	286%
Choline	450 mg (as choline bitartrate)	82%	82%
Iron	30 mg (as ferrous bis-glycinate)	167%	111%
Iodine	176 mcg (as potassium iodide)	117%	61%
Zinc	25 mg (as zinc citrate)	227%	192%
Selenium	200 mcg (as selenomethionine)	564%	286%
Copper	2 mg (as copper citrate)	222%	154%
Manganese	2 mg (as manganese citrate)	87%	77%
Chromium	200 mcg (as chromium citrate)	571%	444%
Molybdenum	25 mcg (as molybdenum aspartate complex)	56%	50%
DHA (Docosahexaenoic acid)	1 g	**	**
EPA (Eicosapentaenoic acid)	670 mg	**	**
L-Carnitine (as L-carnitine L-tartrate)	500 mg	**	**
Lutein	6 mg	**	**
Zeaxanthin	2 mg	**	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

PlusOne Prenatal Multi:
Other Ingredients: Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

L-Carnitine:
Other Ingredients: Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

Choline:
Other Ingredients: Capsule [hydroxypropylmethylcellulose, sodium copper chlorophyllin (color)], microcrystalline cellulose, magnesium stearate (vegetable), and silica.

OmegaGenics Neuro 1000:
Ingredients: Marine lipid concentrate (one or more of: anchovy, calamari, sardine, and mackerel oil), softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavors, rosemary extract, and mixed tocopherols and ascorbyl palmitate (antioxidants). **Contains: Fish (anchovy, sardine, and mackerel).**

OmegaGenics EPA-DHA 720:
Ingredients: Marine lipid concentrate [fish (sardine, anchovy, and mackerel) oil], softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavor, natural lime flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (sardine, anchovy, and mackerel).**

DISTRIBUTED BY: METAGENICS
GIG HARBOR, WA 98332
800 692 9400 • METAGENICS.COM

¹As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

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.