

Vitafol[®] Fe⁺

COMPLETE PRENATAL SUPPLEMENT WITH 90 mg IRON

**Small, Once Daily Softgel
with 16 Key Nutrients**

- 90 mg Iron
- Gluten, Lactose and Sugar Free

+ Optional stool softener softgel

**3-Day
Starter Pack**

R_x

U.S. Patent Pending

Supplement Facts

Serving Size 1 Purple Softgel Capsule

Each Purple Softgel Capsule contains	% Daily Value in Pregnancy	
Vitamin A (as beta carotene)	1100 IU	14%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as dl-alpha tocopheryl acetate)	20 IU	67%
Thiamin (Vitamin B1)	1.6 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 (as folic acid 0.4 mg and L-methylfolate calcium 0.6 mg)	1 mg	125%
Vitamin B12 (as cyanocobalamin)	25 mcg	313%
Iron (as polysaccharide iron complex)	90 mg	500%
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 *Cryptocodinium cohnii*) 415 mg* †
(*providing 200 mg DHA (Docosahexaenoic acid))

† Daily Value not established

Other Ingredients: Gelatin, Soybean Oil, Sorbitol, Glycerin, Yellow Beeswax USP, Purified Water, Lecithin, Titanium Dioxide (as cobrand), FD&C Red #40, FD&C Blue #1, White Edible Ink. **Contains:** Soy. **May Contain:** Corn Oil, Medium Chain Triglycerides.

Supplement Facts

Serving Size 1 White Softgel Capsule

Each White Softgel Capsule contains	% Daily Value in Pregnancy	
Docusate sodium	50 mg	†

† Daily Value not established

Other Ingredients: Gelatin, Sorbitol, polyethylene glycol, glycerin, purified water, propylene glycol, titanium dioxide, citric acid, black edible ink.

WARNINGS/PRECAUTIONS: Ask a doctor before use if you have stomach pain, nausea, vomiting, or a sudden change in bowel habits that lasts over 14 days. Ask your doctor before use if you are breastfeeding. Ask a doctor or pharmacist before use if you are presently taking mineral oil, or other laxative products. Stop use and ask a doctor if you have rectal bleeding or no bowel movement after using this product, as these could be signs of a serious condition.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

USAGE: Vitafol[®] Fe⁺ is indicated to provide vitamin, mineral, and DHA supplementation throughout pregnancy, including individuals with known allergies to fish. Vitafol[®] Fe⁺ does not contain fish, fish oils, fish proteins, or fish byproducts. A separate (white) softgel capsule containing docusate sodium is provided to help maintain bowel regularity and to relieve occasional constipation associated with pregnancy or iron supplementation.

WARNING: An 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: During pregnancy, take one purple softgel capsule daily, or as directed by a physician. Take one white softgel daily to help maintain bowel regularity, or as needed to relieve occasional constipation.

HOW SUPPLIED: Vitafol[®] Fe⁺ is available as a purple, oval shaped softgel capsule imprinted "EX0096" and one white, oval shaped softgel capsule imprinted "50". Available in Box of Unit-Dose pack of 30 (6 child resistant blister cards of 5 softgel capsules), NDC 0642-0096-30 and a professional samples, NDC 0642-0096-01.

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

Rx

See package insert for full prescribing information

Manufactured in USA. Distributed by:
Excelis USA, Inc., Florham Park, NJ 07932
You should call your doctor for medical advice about all use events. To report an adverse event or to obtain product information, contact
1-877-324-9349

Vitafol[®] is a trademark of Excelis USA, Inc. U.S. Patent Pending.
Life's DHA is a trademark of DSM. U.S. Patent No. 7,638,111 and 7,824,892.
Metabolin[®] is a trademark of Merck KGaA, Darmstadt, Germany.
U.S. Patent No. 6,441,188 B1; 5,997,915; 6,254,904; 6,808,725; 7,172,778 and 7,674,449.
(Rev. 08/19)