

INDICATIONS AND USAGE: Vitafol®-OB+DHA is indicated to provide vitamin, mineral, and omega-3 fatty acid 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®-OB+DHA 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.

DOSAGE AND ADMINISTRATION: Before, during and after pregnancy, one caplet and one softgel capsule daily, or as directed by a physician.

HOW SUPPLIED: Vitafol®-OB+DHA is available as a light blue caplet debossed EV0079 and one amber-colored DHA softgel capsule. Available in Box of Unit-Dose pack of 30 (6 child resistant blister cards of 5 caplets and 5 softgel capsules each), (0642-0076-30) and as professional samples (0642-0076-03).

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

Rx
See package insert for full prescribing information

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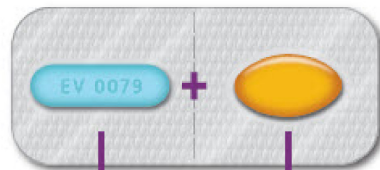
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Vitafol®-OB+DHA

Prenatal Supplement with DHA

SUGAR, LACTOSE, GLUTEN AND IODINE FREE

• Natural source DHA



Vitafol®-OB + DHA
(DAILY DOSE)

Lot No.

NO VARNISH AREA FOR
LOT NO & EXP DATE IMPRINT

Exp. Date:

0642-0076-30

Vitafol®-OB+DHA

Prenatal Supplement with DHA

SUGAR, LACTOSE, GLUTEN AND IODINE FREE

New
Smaller DHA Softgel



Rx

Unit Dose Pack
30 Caplets and 30 Softgel Capsules

U.S. Patented

Vitafol®-OB+DHA

Prenatal Supplement with DHA

Supplement Facts

Serving Size 1 Caplet and 1 Softgel Capsule

Each Caplet contains		% Daily Value In Pregnancy
Vitamin A (as beta carotene)	2700 IU	34%
Vitamin C (as ascorbic acid)	70 mg	117%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamine Mononitrate (Vitamin B1)	1.6 mg	94%
Riboflavin (Vitamin B2)	1.8 mg	90%
Niacin (as niacinamide)	18 mg	90%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	100%
Folic acid	1 mg	125%
Vitamin B12 (as cyanocobalamin)	12 mcg	150%
Calcium (as calcium carbonate)	100 mg	8%
Elemental Iron (as ferrous fumarate)	65 mg	361%
Magnesium (as magnesium oxide)	25 mg	6%
Zinc (as zinc oxide)	25 mg	167%
Copper (as copper oxide)	2 mg	100%

Each Softgel Capsule contains

Algal oil blend (derived from natural algal oil)	486 mg *	†
(*providing 250mg DHA (docosahexaenoic acid))		

† Daily Value not established

Other Ingredients in Vitafol®-OB Caplet: Microcrystalline cellulose, hydrolyzed gelatin (pig skin), modified cellulose gum, stearic acid, hydroxypropylmethylcellulose, titanium dioxide (as color), polydextrose, silicon dioxide, gelatin, magnesium stearate, modified food starch, sucrose, maize starch, triacetin, dibasic calcium phosphate, hydroxypropylcellulose, FD&C Blue #1 Aluminum Lake, polyethylene glycol, sodium ascorbate, tocopherol concentrate, FD&C Blue #2 Aluminum Lake, medium chain triglycerides, sorbic acid, tribasic calcium phosphate, sodium benzoate, dl-alpha-tocopherol. Contains: Soy.
Other Ingredients in DHA Softgel Capsule: Gelatin, Glycerin USP, Water.

