

Stool Softener Docusate Sodium (white gelcap)

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, or 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.

See package insert for full prescribing information.

Distributed by:
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Vitafo[®] is a trademark of Exeltis USA, Inc.
U.S. Patent Pending
Metafolin[®] is a trademark of Merck KGaA, Darmstadt, Germany.
U.S. Patent No. 6,441,168B1; 5,997,915; 6,254,904; 6,808,725; 7,172,778 and 7,674,490
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Complete Prenatal Supplement
with 90mg iron

Vital nutrition
for women who need
more iron.



Complete Prenatal Supplement
with 90mg iron

Unit Dose Pack
30 Doses

(Includes optional stool softener softgel)

R_x DIETARY SUPPLEMENT 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 natural algal oil) (*providing 200 mg DHA (Docosahexaenoic acid))	415 mg*	†
† Daily Value not established		

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

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.

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.

