

All-in-One Prenatal Care for Mother & Baby*

Total One Prenatal™ helps provide
optimum nutrition during pregnancy.*

You may need additional supplements
to support a healthy diet; consult your
nutritionist for a formula that is right
for you or contact us at
877-ASK-ZAHLER (877-275-9245)
or ask@zahlers.com.

KEEP OUT OF REACH OF CHILDREN.
Do not use if safety seal is
damaged or missing.
If pregnant, nursing or on
medication, consult with your
healthcare practitioner.

WARNING: Accidental overdose of iron-containing products is a leading
cause of fatal poisoning in children under 6. In case of accidental
overdose, call a doctor or poison control center immediately.

***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.**

KOSHER
PARVE



UNDER THE STRICT
SUPERVISION OF
RABBI DR. STEVEN B.
THE ORTHODOX
UNION



GLUTEN FREE
DAIRY FREE

STORE TIGHTLY CLOSED
IN A COOL, DRY PLACE.



advanced
nutrition by

ZAHLER

Total One Prenatal™

Essential **Once-Daily** Prenatal

All-in-One Prenatal Care for Mother & Baby*



WOMEN'S
HEALTH



Dietary
Supplement
60 Capsules

Feel Better,
Everyday™

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	%Daily Value for pregnant and lactating women	
Vitamin A (as Beta Carotene) (3500IU)	1050 mcg	81%
Vitamin C (as Ascorbic Acid)	100 mg	60%
Vitamin D (Cholecalciferol) (1000IU)	25 mcg	167%
Vitamin E (as D-Alpha Tocopheryl Succinate) (4IU)	30.15 mg	159%
Thiamin (as Thiamine HCl)	2.25 mg	161%
Riboflavin	2.5 mg	156%
Niacin (as Nicotinamide)	20 mg	111%
Vitamin B6 (as Pyridoxine HCl)	5 mg	250%
Folate	1,333.33 mcg (800 mcg Folic Acid)	222%
Vitamin B12 (as Methylcobalamin)	15 mcg	336%
Biotin	300 mcg	600%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	143%
Calcium (as Calcium Carbonate & as Calcium Citrate)	25 mg	2%
Iron (as Iron Chelate)	30 mg	111%
Iodine (from Kelp)	75 mcg	36%
Magnesium (as Magnesium Amino Acid Chelate)	12.5 mg	3%
Zinc (as Zinc Amino Acid Chelate)	15 mg	115%
Selenium (as L-Selenomethionine)	15 mcg	21%
Copper (as Copper Oxide)	1.5 mg	115%
Manganese (as Manganese Amino Acid Chelate)	1 mg	38%
Chromium (as Chromium Picolinate)	25 mcg	56%
Potassium (as Potassium Amino Acid Chelate)	3 mg	<1%

* Daily Value is based on a 2,000 calorie diet.

Other Ingredients: Hypromellose (Capsule), Dicalcium
Phosphate, Ascorbyl Palmitate, Silicon Dioxide

Contains: Soy

Distributed by:
Advanced Nutrition
by Zahler®
Brooklyn, NY 11230
www.zahlers.com

08146 002 V3



8 48998 08146 1