

52796-190-90

90 SOFTGELS

# Tendera-OB

Prenatal Multivitamin + DHA

DIETARY SUPPLEMENT

**Quatrefolic**Patent Ref.: U.S. Patent No. 7,947,662;  
Other patents pending**BonGeo**  
PHARMACEUTICALS

Sugar Free,  
Lactose Free and  
Gluten Free

No Artificial Colors  
or Flavors

## Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 90

|                                                                                                                                                               | Amount Per Serving | % Daily Value in Pregnancy |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------------------------|
| Vitamin C (as Ascorbic Acid)                                                                                                                                  | 40 mg              | 67%                        |
| Vitamin D (as Cholecalciferol)                                                                                                                                | 1000 IU            | 250%                       |
| Vitamin E (as d-Alpha- Tocopheryl Acetate)                                                                                                                    | 10 IU              | 33%                        |
| Vitamin B <sub>1</sub> (as Thiamine Mononitrate)                                                                                                              | 1.5 mg             | 88%                        |
| Vitamin B <sub>2</sub> (as Riboflavin)                                                                                                                        | 2 mg               | 100%                       |
| Vitamin B <sub>3</sub> (as Niacin)                                                                                                                            | 12 mg              | 60%                        |
| Vitamin B <sub>6</sub> (as Pyridoxine HCl)                                                                                                                    | 3 mg               | 120%                       |
| Folate (as 400 mcg Quatrefolic R ((6S)-5-methyltetrahydrofolic acid, glucosamine salt, molar equivalent to 216 mcg of folic acid)) and 784 mcg of folic acid) | 1 mg               | 125%                       |
| Vitamin B <sub>12</sub> (as Cyanocobalamin 1%)                                                                                                                | 15 mcg             | 188%                       |
| Iron (as Iron Carbonyl Powder)                                                                                                                                | 27 mg              | 150%                       |
| Iodine (as Potassium Iodide)                                                                                                                                  | 150 mcg            | 100%                       |
| Magnesium (as Magnesium Oxide)                                                                                                                                | 10 mg              | 3%                         |
| Zinc (as Zinc Gluconate)                                                                                                                                      | 5 mg               | 33%                        |
| Copper (as Copper Oxide)                                                                                                                                      | 1 mg               | 50%                        |
| Docosahexaenoic Acid (DHA, Omega-3 Fish Oil)                                                                                                                  | 205 mg             | *                          |

\*Daily Value not established.

Manufactured for: BonGeo Pharmaceuticals, Inc.,  
101 Eisenhower Parkway, Ste. 300 Roseland, NJ 07068  
1-844-640-7607 | [www.bongeopharma.net](http://www.bongeopharma.net)**OTHER INGREDIENTS:** Gelatin capsule (bovine gelatin, glycerin, purified water, Annatto and Caramel), yellow beeswax, sunflower, lecithin. **Contains: Fish.**

Tendera-OB™ Softgel capsules are dye free, lactose, gluten and sugar free. They do not contain any artificial flavors or sweeteners.

**INDICATIONS** Tendera-OB™ is an orally administered multivitamin/multimineral fatty acid dietary supplement indicated to improve the nutritional status of women during pregnancy and in the postnatal period for both breastfeeding and non-breastfeeding mothers. Tendera-OB™ may also be beneficial in improving the nutritional status of women prior to conception.**CONTRAINDICATIONS** Tendera-OB™ is contraindicated in patients with a known hypersensitivity to any of the ingredients.

**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 Poison Control Center immediately.**

Caution is recommended in patients taking anticonvulsant medications as folate may interfere with anticonvulsant medication, and may lower seizure threshold. Decreased patient response to methotrexate may occur due to supplementation of folic acid. Furthermore, anticonvulsant medications may interfere with folate metabolism.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

**PRECAUTIONS** Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where Vitamin B12 is deficient. Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

Ingestion of more than 3 grams of omega-3 fatty acids (such as DHA) per day has been shown to have potential antithrombotic effects, including an increased bleeding time and International Normalized Ratio (INR). Administration of omega-3 fatty acids should be avoided in patients taking anticoagulants and in those known to have an inherited or acquired predisposition to bleeding. Supplemental intake of omega 3 fatty acids such as DHA above 2 grams per day is not recommended. In individuals with hypercalcemia or other conditions that may lead to hypercalcemia such as hyperparathyroidism and those that form calcium- containing kidney stones, Vitamin D supplementation should be used

with caution. Elevated levels of calcium in blood and soft tissues may result from high doses of Vitamin D.

Use caution supplementing iodine in patients with overactive thyroid.

**ADVERSE REACTIONS** Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

You should call your doctor for medical advice about serious adverse events. To report adverse side effects or to obtain product information, contact BonGeo Pharmaceuticals, Inc. at 1-844-640-7607.

**DIRECTIONS Adults:** Take one softgel daily with or without food, or as prescribed by a healthcare practitioner.

Not recommended for children under 12 years of age.

Do not exceed the recommended dose.

Tendera-OB™ should be administered under the direct supervision of a qualified healthcare practitioner.

**HOW SUPPLIED** Tendera-OB™ is available as oval, dark red softgel capsules with an imprint "190". They are available in child-resistant bottles containing 90 softgels (52796-190-90). Store at 20°-25°C (68°-77°F); excursions permitted to 15°-30°C (59°-86°F) [See USP Controlled Room Temperature.]

Avoid excessive heat, light and moisture.

Keep out of reach of children.

Tamper Evident Do not use if seal is broken or missing.



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