

1 Complete Softgel with DHA



ONE A DAY

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT



Prenatal 1

Complete Multivitamin for
BEFORE • DURING • AFTER Pregnancy

with **Folic Acid, DHA & Iron**

Colors from natural sources
No artificial flavors or sweeteners

30 Softgels

Ingredients: Omega-3 Fish Oil, Calcium Carbonate, Gelatin, Glycerin, Calcium Ascorbate, Yellow Beeswax, Magnesium Oxide; Less than 2% of: Beta-Carotene, Biotin, Carbonyl Iron, Color (Annatto Extract [seed]), Cupric Oxide, Cyanocobalamin, d-Alpha-Tocopherol, D-Calcium Pantothenate, Folic Acid, Niacinamide, Potassium Iodide, Purified Water, Pyridoxine Hydrochloride, Retinyl Palmitate, Riboflavin, Soy Lecithin, Thiamine Mononitrate, Vitamin D₃ (Cholecalciferol), Zinc Oxide.

Contains: Fish (anchovy, sardine, tuna) and Soy.

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.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

For Adult Use Only

Not for children

Do not exceed recommended intake

Do not use if printed safety seal bearing "Bayer HealthCare" under cap is torn or missing.

Store at room temperature. Avoid temperatures above 25°C (77°F).

Due to the use of colors derived from natural sources, some dark spots may appear on the softgel over time. This does not impact product quality or safety.

Product of Spain

Dist. by:
Bayer HealthCare LLC
Whippany, NJ 07981

A COMPLETE MULTIVITAMIN WITH MORE OF WHAT MATTERS TO MOM AND BABY

One A Day® Women's Prenatal 1 supports your nutritional needs at three key stages:*



One A Day® Women's Prenatal 1 is a multivitamin with at least 100% Daily Value for key nutrients such as folic acid and iron.

One A Day® Women's Prenatal 1 also has DHA, an Omega-3 fatty acid, that helps support healthy fetal brain and eye development during pregnancy* and is also recommended by experts for breastfeeding mothers.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

NO Synthetic Colors
NO High Fructose Corn Syrup
NO Gluten

NO Wheat Allergen
NO Dairy (Milk) Allergen
NO Egg Allergen

Questions or comments?

Please text or call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)

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Directions: Adults, take one softgel daily with food.

Supplement Facts

Serving Size: One softgel

	Amount Per Serving	% Daily Value for Pregnant and Lactating Women		Amount Per Serving	% Daily Value for Pregnant and Lactating Women		Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Calories	5		Niacin	18 mg	100%	Magnesium	40 mg	10%
Total Fat	0.5 g	<1*	Vitamin B ₆	2 mg	100%	Zinc	13 mg	100%
Cholesterol	5 mg	2%	Folate (800 mcg folic acid)	2.8 mcg	222%	Copper	1.3 mg	100%
Vitamin A (50% as beta-carotene)	650 mcg	50%	Vitamin B ₁₂	2.8 mcg	100%	Omega-3 Fatty Acids (from fish oil)	235 mg	**
Vitamin C	85 mg	71%	Biotin	35 mcg	100%	DHA (docosahexaenoic acid)	200 mg	**
Vitamin D (600 IU)	15 mcg	100%	Pantothenic Acid	7 mg	100%	EPA (eicosapentaenoic acid)	35 mg	**
Vitamin E	19 mg	100%	Calcium	150 mg	12%			
Vitamin B ₁	1.4 mg	100%	Iron	27 mg	100%			
Riboflavin (B ₂)	1.6 mg	100%	Iodine	150 mcg	52%			

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

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