



Supplement Facts

Folic Acid may obscure the diagnosis of pernicious anemia. Folate intake should not exceed 1,000 mcg. As with any product containing folic acid, iron or the non-water soluble Vitamins D and E, adhere carefully to the amount recommended by your health care practitioner.

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.

Suggested Use: As a dietary supplement for pregnant and nursing women, take one tablet and one softgel daily with a meal. Not intended for children. Consult your doctor before use.

†This product is not manufactured or distributed by Bayer Healthcare LLC, owner of the registered trademark One A Day®.

Plant Pure Omega-3® is a registered trademark of Lang Pharma Nutrition, Inc.

Supplement Facts		
Serving Size: One (1) Tablet		
	Amount per Serving	% DV Pregnant & Lactating Women
Vitamin A (from beta carotene)	1200 mcg RAE	92%
Vitamin C (as ascorbic acid)	60 mg	50%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (from d-alpha tocopheryl acetate)	20 mg	105%
Thiamin (as thiamin mononitrate)	1.7 mg	121%
Riboflavin (vitamin B2)	2 mg	125%
Niacin (as niacinamide)	20 mg NE	111%
Vitamin B6 (as pyridoxine HCl)	2.5 mg	125%
Folate	1625 mcg DFE (975 mcg Folic Acid)	271%
Vitamin B12 (as cyanocobalamin)	8 mcg	286%
Biotin (as D-biotin)	300 mcg	857%
Pantothenic Acid (as calcium pantothenate)	10 mg	143%
Calcium (as calcium carbonate)	300 mg	23%
Iron (as iron fumarate)	28 mg	104%
Iodine (as potassium iodide)	150 mcg	52%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	15 mg	115%
Copper (as cupric oxide)	2 mg	154%
DV (Daily Value)		

Supplement Facts		
Serving Size: 1 Softgel		
	Amount per Serving	%DV Pregnant & Lactating Women
Total Calories	5	
Total Fat	0.5g	<1%**
DHA (Docosahexaenoic Acid from Schizochytrium sp. Oil)	200mg	††
**Daily Values based on the reference caloric intake of 2,000 calories for adults and children aged 4 years and older, and for pregnant women and lactating women. †† Daily Value (DV) not established.		

No oceanic contaminants (such as mercury & PCBs).



Warnings

WARNING: If you are taking any medications, or if you have any medical condition or are planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Tablet:

IRON 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. Folic Acid may obscure the diagnosis of pernicious anemia. Folate intake should not exceed 1,000 mcg. As with any product containing folic acid, iron or the non-water soluble Vitamins D and E, adhere carefully to the amount recommended by your heart care practitioner.

Softgels:

WARNING: As with any product containing omega-3 fatty acids, adhere carefully to the amount recommended by your healthcare practitioner.

Ingredients

Gelatin, Glycerin, Sunflower Oil, Purified Water, Contains 2% or Less of Canola Oil, Titanium Dioxide, Caramel, Rosemary Extract and Ascorbic Acid as Antioxidants, Carmine and Annatto as Colors

Microcrystalline Cellulose, Croscarmellose Sodium, Contains 2% or Less of Stearic Acid, Magnesium Stearate, Silicon Dioxide, Hydroxypropyl Methylcellulose, Titanium Dioxide, Polyethylene Glycol, Carmine