



Prenatal Supplement with DHA

Unit Dose Pack
30 Softgel Capsules

Supplement Facts

Serving Size 1 Softgel Capsule

Each Softgel Capsule contains		% Daily Value in Pregnancy
Vitamin A (as beta carotene)	330 mcg RAE	14%
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin D3 (as cholecalciferol)	25 mcg	250%
Vitamin E (as dl-alpha tocopheryl acetate)	9 mg	67%
Thiamine mononitrate (Vitamin B1)	1.6 mg	94%
Riboflavin (Vitamin B2)	1.8 mg	90%
Niacin (as niacinamide)	15 mg NE	75%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	100%
Folate (as folic acid)	1700 mcg DFE	125%
Vitamin B12 (as cyanocobalamin)	12 mcg	150%
Elemental Iron (as polysaccharide iron complex)	29 mg	161%
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 (derived from natural algal oil) (*providing 200 mg DHA (docosahexaenoic acid))	415 mg*	†

† Daily Value not established

Other Ingredients: Gelatin (bovine BSE-free), Sorbitol, Glycerin, Soybean Oil, USP Purified Water, Yellow Beeswax, Dicalcium Phosphate, Soy Lecithin, Vegetable Oil, FD&C Blue #1, Titanium Dioxide (color), Sodium Thiosulfate, Caramel (color), High Oleic Sunflower Oil, Tocopherols, Ascorbyl Palmitate.
Contains: Soy.

INDICATIONS AND USAGE: Vitafo!® One is indicated to provide vitamin, mineral, and omega-3 fatty acid supplementation prior to conception, throughout pregnancy, and during the postnatal period for the lactating and non-lactating mother, including individuals with known allergies to fish. Vitafo!® One does not contain fish, fish oils, fish proteins or fish byproducts.

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.

DOSAGE AND ADMINISTRATION: Before, during and after pregnancy, one softgel capsule daily, or as directed by a physician.

HOW SUPPLIED: Vitafo!® One is available as a dark blue, oval shaped softgel capsule imprinted "EV 0070". Available in Box of Unit-Dose pack of 30 (5 child resistant blister cards of 6 softgel capsules), 0642-0070-30 and as professional samples 0642-0070-03.

Store at room temperature, approximately 15°-30°C (59°-86°F), avoid excessive heat. Rx

See package insert for full prescribing information

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Prenatal Supplement with DHA

Small, all-in-one,
once daily softgel
capsule with DHA



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