

Vitafo[®] Fe⁺

COMPLETE PRENATAL SUPPLEMENT WITH 90 mg IRON

**Small, Once Daily Softgel
with 16 Key Nutrients**

- 90 mg Iron
- Gluten, Lactose and Sugar Free
- + **Optional stool softener softgel**

**3-Day
Starter Pack**

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U.S. Patent Pending

Supplement Facts

Serving Size 1 Purple Softgel Capsule

Each Purple Softgel Capsule contains	% Daily Value In Pregnancy	
Vitamin A (as beta carotene)	1100 IU	14%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha-tocopheryl acetate)	20 IU	67%
Thiamin (Vitamin B1)	1.6 mg	94%
Riboflavin (Vitamin B2)	1.8 mg	90%
Niacin (as niacinamide)	15 mg	75%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	100%
Folate (as folic acid 0.4 mg and L-methylfolate calcium 0.6 mg)	1 mg	125%
Vitamin B12 (as cyanocobalamin)	25 mcg	513%
Iron (as polycarboxide iron complex)	90 mg	500%
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%
Alginate blend (from Cytophosphonium colloid)	45 mg*	†
(*providing 200 mg DHA (Docosahexaenoic acid))		

† Daily Value not established

Other Ingredients: Gelatin, Soybean Oil, Sorbitol Glycolin, Yellow Beeswax, USP Purified Water, Lecithin, Titanium Dioxide (as colorant), FD&C Red #40, FD&C Blue #1, White Ethellic Ink, Contains: Soy May Contain: Gm Oil, Medium Chain Triglycerides.

Supplement Facts

Serving Size 1 White Softgel Capsule

Each White Softgel Capsule contains	% Daily Value In Pregnancy	
Docusate sodium	50 mg	†

† Daily Value not established

Other Ingredients: Gelatin, sorbitol, polyethylene glycol, glycerin, purified water, polyethylene glycol, titanium dioxide, citric acid, black edible ink.

WARNINGS/PRECAUTIONS: Ask a doctor before use if you have stomach pain, nausea, or vomiting or a sudden change in bowel habits that lasts over 14 days. Ask your doctor before use if you are breastfeeding. Ask a doctor or pharmacist before use if you are presently taking iron or other iron products. Stop use and ask a doctor if you have rectal bleeding or no bowel movements after using this product, as these could be signs of severe iron condition.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

USAGE: Vitafo[®] Fe⁺ is indicated to provide vitamin, mineral, and DHA supplementation throughout pregnancy, including individuals with known allergies to fish. Vitafo[®] Fe⁺ does not contain fish, fish oils, fish proteins or fish byproducts. A separate white softgel capsule containing docusate sodium is provided to help maintain bowel regularity and to relieve occasional constipation associated with pregnancy iron supplementation.

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.

DIRECTIONS FOR USE: During pregnancy take one purple softgel capsule daily, or as directed by a physician. Take one white softgel daily to help maintain bowel regularity, or as needed to relieve occasional constipation.

HOW SUPPLIED: Vitafo[®] Fe⁺ is available as a purple softgel capsule in packs of 30 (3005) and one white softgel pack of 30 (3010) capsules. Available in Box of Unit Dose pack of 30 (3010) child resistant blister cards of 5 softgel capsules (NDC 0642-0996-30) and a professional samples (NDC 0642-0996-01).

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

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See package insert for full prescribing information

Made in the USA. Distributed by:
Exelis USA, Inc., Florham Park, NJ 07932
You should call your doctor for medical advice about adverse events. To report an adverse event or a labeling information issue, contact:
1-877-324-9349

Vitafo[®] is a trademark of Exelis USA, Inc. U.S. Patent Pending (604944) is a trademark of DSM, U.S. Patent No. 7,639,111 and 7,849,932. Melatonin is a trademark of Merck KGaA, Darmstadt, Germany. U.S. Patent No. 6,941,188 B1; 5,999,395; 5,754,906; 6,887,725; 21,027,779 and 75,1448 (Rev. 09/10)