

# Supplement Facts

Serving Size 1 Tablet

| Amount Per Tablet                                          |         | % Daily Value * |
|------------------------------------------------------------|---------|-----------------|
| Vitamin A (as beta carotene)                               | 2850 IU | 36%             |
| Vitamin C (as ascorbic acid)                               | 120 mg  | 200%            |
| Vitamin D (as cholecalciferol)                             | 840 IU  | 210%            |
| Vitamin E (as dl-alpha tocopheryl acetate)                 | 3 mg    | 10%             |
| Vitamin B <sub>1</sub> (as thiamine mononitrate)           | 1.8 mg  | 106%            |
| Vitamin B <sub>2</sub> (as riboflavin)                     | 4 mg    | 200%            |
| Niacinamide                                                | 20 mg   | 100%            |
| Vitamin B <sub>6</sub> (as pyridoxine HCL)                 | 50 mg   | 2000%           |
| Folic Acid                                                 | 1 mg    | 125%            |
| Vitamin B <sub>12</sub> (as cyanocobalamin)                | 12 mcg  | 150%            |
| Calcium (as calcium carbonate)                             | 219 mg  | 17%             |
| Iron (as sodium iron EDTA and polysaccharide iron complex) | 27 mg   | 150%            |
| Iodine                                                     | 220 mcg | 147%            |
| Magnesium (as magnesium oxide)                             | 25 mg   | 6%              |
| Zinc (as zinc oxide)                                       | 25 mg   | 167%            |
| Copper (as cupric oxide)                                   | 2 mg    | 100%            |

Serving Size 1 Softgel

| Amount Per Softgel            |                 | % Daily Value * |
|-------------------------------|-----------------|-----------------|
| Total omega-3 fatty acids     | at least 374 mg | †               |
| As DHA (docosahexaenoic acid) | at least 262 mg | †               |
| As other omega-3 fatty acids  | at least 112 mg | †               |

\* Daily Value for Pregnant and Lactating Women

† Daily Value not established

**Other tablet ingredients:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscovidone, Maltodextrin, Acacia Gum, Silicon Dioxide, Triacetin, Magnesium Stearate, Titanium Dioxide, Polydextrose, Yellow #6 Lake, Blue #2 Lake, Red #40 Lake.

**Other softgel ingredients:** Ammonium Hydroxide, Ethylcellulose, Gelatin, Glycerin, Medium Chain Triglycerides, Oleic Acid, Sodium Alginate, Stearic Acid, Vanillin.

Softgel contains fish and soybeans

**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.**

**Directions:** Before, during and after pregnancy, one tablet and one enteric-coated softgel capsule taken by mouth daily, or as directed by a physician.

**Use:** To provide vitamin and mineral supplementation throughout pregnancy and during the postnatal period for both the lactating and non lactating mother. It is also useful for improving nutritional status prior to conception.

**Warnings:** Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where Vitamin B<sub>12</sub> is deficient.

**Precautions:** Folic acid especially in doses above 1.0 mg daily may obscure pernicious anemia (hematologic remission may occur while neurological manifestations remain progressive). Caution should be exercised to ensure that the prescribed dose of DHA does not exceed 1 gram (1,000 mg) per day. Since daily ingestion of more than 3 grams (3,000 mg) per day of omega-3 fatty acids (including alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)) from fish oils may have potential antithrombotic activities and may increase bleeding times, administration of DHA should be avoided in patients with inherited or acquired bleeding diatheses, including those taking anticoagulants.

Store at room temperature

Keep out of reach of children



Manufactured for:  
PruGen, Inc. Pharmaceuticals  
8714 E Vista Bonita Dr  
Scottsdale, AZ 85255 Rev 1.0

Rx Only

NDC 42546-185-30

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**Bal-Care™ DHA**  
*Essential*

30 day supply  
(30 tablets and 30 softgel capsules)

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