

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value*
Vitamin A (as beta carotene)	1850 IU 36%
Vitamin C (as ascorbic acid)	130 mg 200%
Vitamin D (as cholecalciferol)	640 IU 210%
Vitamin E (as dl-alpha tocopheryl acetate)	3 mg 10%
Vitamin B ₁ (as thiamine mononitrate)	1.8 mg 100%
Vitamin B ₂ (as riboflavin)	4 mg 200%
Niacinamide	20 mg 100%
Vitamin B ₆ (as pyridoxine HCl)	10 mg 2000%
Folic Acid	1 mg 125%
Vitamin B ₁₂ (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	230 mcg 147%
Magnesium (as magnesium oxide)	25 mg 6%
Zinc (as zinc oxide)	25 mg 187%
Copper (as cupric oxide)	2 mg 100%

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value*
Total omega-3 fatty acids	at least 430 mg †
As DHA (docosahexaenoic acid)	at least 295 mg †
As other omega-3 fatty acids	at least 135 mg †

* Daily Value for Pregnant and Lactating Women

† Daily Value not established

Other tablet ingredients: Cellulose, Hydroxypropylmethylcellulose, Croscarmellose, Maltodextrin, Acacia Gum, Talcum Chloride, 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, Citric Acid, Sodium Alginate, Stearic Acid, Waxes.

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 ementa-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 B₁₂ 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. Three 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 anti-thrombotic activities and may increase bleeding times; administration of DHA should be avoided in patients with inherited or acquired bleeding disorders, including those taking anticoagulants.

Store at room temperature

Keep out of reach of children

Manufactured for:
PruGen, Inc., Pharmaceuticals
2117 East Avenue
Cincinnati, OH 45221 Rev 1.1

Rx Only

NDC 42546-180-30

Bal-Care™ DHA

30 day supply
(30 tablets and 30 softgel capsules)

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