

SUPPLEMENT FACTS

Serving Size: 1 Softgel Capsule
Servings Per Container: 30

Amount per Serving	% DV* for Pregnant & Lactating Women	Amount per Serving	% DV* for Pregnant & Lactating Women
Calories	%	Isotret	200 mcg 5.11%
Total Fat	5.5 g <1%	Calcium (as Calcium Carbonate, Dima-Ca)	
Vitamin C (as Calcium Ascorbate)	70 mg 58%	D3-Calcium Malate** and Calcium Threonate	55 mg 4%
Vitamin D (as Cholecalciferol)	30 mcg (1,200 IU) 200%	Iron (as Ferrous† Carbonyl) 60 mg and	
Vitamin E (as d-Alpha Tocopherol)	20 mg† (30 IU) 100%	Sumalate*** Ferrous Aspartate Glycinate 10 mg	50 mg 165%
Thiamin (as Thiamine Mononitrate)	2 mg 14.3%	Iodine (as Potassium Iodide)	150 mcg 9.2%
Niacin	4 mg 25.0%	Magnesium (as Magnesium Oxide)	25 mg 6%
Niacin (as Nicotinamide)	10 mg NE 58%	Zinc (as Zinc Oxide)	15 mg 115%
Vitamin B6 (as Pyridoxine HCl)	30 mg 1500%	Copper (as Cupric Sulfate)	1 mg 77%
Folate	847 mcg DFE 210%	Purified Fish Oil	400 mg †
Vitamin B12 (as Cyanocobalamin)	50 mcg 1766%	†DHA (Docosahexaenoic Acid)	300 mg †
		‡EPA (Eicosapentaenoic Acid)	40 mg †
			† Daily Value (DV) not established

Other Ingredients: Gelatin, Glycerin, Yellow Bees Wax, Purified Water, Lecithin, Soybean Oil, Natural Cream Orange Flavor, Titanium Dioxide, Ethyl Vanillin, FD&C Red #40, FD&C Blue #1.

CONTAINS: SOY AND FISH (ANCHOVIES, MACKEREL, SARDINES, TUNA)
GLUTEN, LACTOSE AND SUGAR-FREE

OB Complete® One is a prescription multivitamin/mineral indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the postnatal period for both lactating and non-lactating mothers.

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.

CONTRAINDICATIONS: OB Complete® One should not be used by patients with a known hypersensitivity to any of the listed ingredients including soy and fish oil.

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VERTICAL
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Alpharetta, GA 30005



OB Complete®
One

Prenatal Dietary Supplement

The Confident Choice
Before, During, and After Pregnancy



68025-044-30



OB Complete®
One

Prenatal Dietary Supplement

The Confident Choice

Prenatal nutrition with one of the highest contents of Vitamin D



GLUTEN FREE



SUGAR FREE



LACTOSE FREE

Before, During, and After Pregnancy

One Softgel Capsule Daily

30 Softgels



PRECAUTIONS: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B12 is deficient. Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurologic manifestations remain progressive. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

Interference: Higher than the recommended daily amounts may cause interference with some laboratory tests, including coarsening of diagnostic tests (e.g. trypsin) and hormone tests, and may lead to incorrect test results. Tell your health care provider about all prescription and over-the-counter medicines, vitamins, and dietary supplements that you take, including herbs.

The patient's medical condition and consumption of other drugs, herbs, and/or supplements should be considered.

DRUG INTERACTIONS: OB Complete® One softgels are not recommended for and should not be given to patients receiving levodopa because the action of levodopa is antagonized by pyridoxine. There is a possibility of increased bleeding due to pyridoxine interaction with anticoagulants (e.g., Aspirin, Heparin, Clopidogrel).

ADVERSE REACTIONS: Adverse reactions have been reported with specific vitamins and minerals but generally at levels substantially higher than those contained herein. However, allergic and idiosyncratic reactions are possible at lower levels. Iron, even at the usual recommended level, has been associated with gastrointestinal intolerance in some patients.

KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.

For use on the order of a health care practitioner.

Call your doctor about side effects. To report side effects, call Vertical Pharmaceuticals at 1-770-408-4588 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

DESCRIPTION: OB Complete® One is an oblong-shaped pure softgel imprinted "VP044".

DIRECTIONS FOR USE: One softgel by mouth daily or as directed by a physician.

HOW SUPPLIED: OB Complete® One is supplied in a carton of 30 capsules, packaged in 3 child-resistant unit-dose blister cards of 10 softgels per card.
Product Code: 68025-044-30

STORAGE: Store at controlled room temperature 15°-30°C (59°-86°F) (See USP). Protect from light, moisture and excessive heat.

**Dima-Ca is a registered trademark of Albion International, Inc.
It also is covered by U.S. Patent Nos. 4,706,804.

***Sumalate® Ferrous Aspartate Glycinate is a registered trademark of Albion International, Inc. and is covered by the following patents: U.S. Pat. No. 4,716,814; U.S. Pat. No. 4,807,446 and U.S. Pat. No. 4,825,956.