

1 Complete Softgel with DHA

ONE A DAY
women's
MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT



Prenatal 1

Complete Multivitamin[†] for
BEFORE • DURING • AFTER Pregnancy

with Folic Acid, DHA & Iron



Colors from natural sources
No artificial flavors or sweeteners

30 Softgels

Directions: Adults, take one softgel daily with food.

Supplement Facts

Serving Size: One softgel

	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Calories	5	
Calories From Fat	5	
Total Fat	0.5 g	*
Polyunsaturated Fat	0.5 g	*
Cholesterol	25 mg	*
Total Carbohydrate	0 g	*
Sugars	0 g	*
Vitamin A (50% as beta-carotene)	4000 IU	50%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin (B ₁)	1.7 mg	100%
Riboflavin (B ₂)	2 mg	100%
Niacin	20 mg	100%
Vitamin B ₆	2.5 mg	100%
Folic Acid	800 mcg	100%
Vitamin B ₁₂	8 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium	200 mg	15%
Iron	28 mg	156%
Iodine	150 mcg	100%
Magnesium	50 mg	11%
Zinc	15 mg	100%
Copper	2 mg	100%
Omega-3 Fatty Acids (from fish oil)	235 mg	*
DHA (docosahexaenoic acid)	200 mg	*
EPA (eicosapentaenoic acid)	35 mg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Omega-3 Fish Oil, Gelatin, Glycerin, Magnesium Oxide, Yellow Beeswax, Ascorbic Acid, d-Alpha Tocopherol; Less than 2% of: Beta-Carotene, Biotin, Carbonyl Iron, Color (Annatto Extract [seed]), Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Niacinamide, Potassium Iodide, Purified Water, Pyridoxine Hydrochloride, Retinyl Palmitate, Riboflavin, Soy Lecithin, Thiamine Mononitrate, Vitamin D₃ (Cholecalciferol), Zinc Oxide.

Contains: Fish (anchovy, jack mackerel, sardine, tuna) and Soy.

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.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

For Adult Use Only

Not for children

Do not exceed recommended intake

Do not use if safety seal bearing "SEALED for YOUR PROTECTION" under cap is torn or missing.

Store at room temperature. Avoid excessive heat.

Due to the use of colors derived from natural sources, some dark spots may appear on the softgel over time. This does not impact product quality or safety.

Made in the USA of US & Imported Materials
Dist. by:
Bayer HealthCare LLC
Whippany, NJ 07981

A COMPLETE MULTIVITAMIN WITH MORE OF WHAT MATTERS TO MOM AND BABY

One A Day® Women's Prenatal 1 supports your nutritional needs at three key stages:*



One A Day® Women's Prenatal 1 is a multivitamin with at least 100% Daily Value for key nutrients such as folic acid and iron.

One A Day® Women's Prenatal 1 also has DHA, an Omega-3 fatty acid, that helps support healthy fetal brain and eye development during pregnancy* and is also recommended by experts for breastfeeding mothers.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† With 200 mg of calcium vs. 300 mg in One A Day® Women's Prenatal

NO Added Sugar
NO High Fructose Corn Syrup
NO Gluten

NO Wheat
NO Dairy
NO Egg

Questions or comments?
Please call 1-800-800-4793 (Mon-Fri 9AM - 5PM EST)

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