

Feel Better,
Everyday.

Essential Once-Daily Prenatal*

Zahler Total One Prenatal™ is an all-inclusive prenatal supplement which provides the required nutrients necessary for mother and baby during this critical stage.*

You may need additional supplements to support a healthy diet. Consult your nutritionist for a formula that is right for you or contact us at 877-424-ZAHLER (877-276-6246) or zahlers.com.

KEEP OUT OF REACH OF CHILDREN.
Do not use if safety seal is damaged or missing.
If pregnant, nursing or on medication, consult with your healthcare practitioner.

advanced
nutrition by

ZAHLER

Total One Prenatal™

Essential Once-Daily Prenatal

All-in-One Prenatal Supplement*

WOMEN'S
HEALTH



Dietary
Supplement
60 Capsules

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving

		% Daily Value
for Pregnant and Lactating Women		
Vitamin A (as Beta-Carotene) (2000 IU)	1000 mcg	20%
Vitamin C (Ascorbic Acid)	60 mg	12%
Vitamin D3 (Cholecalciferol) (2000 IU)	50 mcg	10%
Vitamin E (as D-Alpha-Tocopheryl Succinate) (25 IU)	30 mcg	10%
Folate (as Folate AC)	1.25 mg	10%
Biotin	1.5 mg	10%
Iron (as Ferrous)	27 mg	11%
Vitamin B6 (as Pyridoxine HCl)	1 mg	20%
Folate (as 5-MTHF Folic Acid)	1,250 mcg (50 mcg)	250%

Vitamin B12 (as Methylcobalamin)	15 mcg	100%
Calcium	200 mg	10%
Pantothenic Acid (as Calcium Pantothenate)	5 mg	10%
Calcium (as Calcium Lactate & as Calcium Citrate)	20 mg	2%
Iron (as Iron Bisulfate Acid Sulfate)	30 mg	11%
Iodine (from Kelp)	75 mcg	20%
Magnesium (as Magnesium Ascorbate Ascorbate)	12.5 mg	2%
Zinc (as Zinc Bisulfate Acid Sulfate)	5 mg	17%
Selenium (as Selenomethionine)	5 mcg	21%
Copper (as Copper Sulfate)	1.2 mg	10%
Manganese (as Manganese Ascorbate Ascorbate)	1 mg	20%
Chromium (as Chromium Picolinate)	20 mcg	10%
Potassium (as Potassium Citrate Acid Sulfate)	1 mg	1%

Directions:
Take 1 capsule daily with food, or as directed by a healthcare practitioner.

Other Ingredients:

Hypromellose (Capsule), Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.

Distributed by:
Advanced Nutrition by Zahler®
Brookline, MA 02150
www.zahlers.com

Total One Prenatal™ is a trademark of Advanced Nutrition by Zahler®

ROCHE
BRAND



MADE IN THE
UNITED STATES OF
AMERICA



NON-GMO
SUGAR FREE
GLUTEN FREE



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STORE TIGHTLY CLOSED
IN A COOL, DRY PLACE

