

INDICATIONS AND USAGE: Vitafol®-OB+DHA is indicated to provide vitamin, mineral, and omega-3 fatty acid supplementation prior to conception, throughout pregnancy, and during the postnatal period for the lactating and non-lactating mother.*

Vitafol®-OB+DHA does not contain fish, fish oils, fish proteins or fish byproducts.

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 a Poison Control Center immediately.

DOSAGE AND ADMINISTRATION: Before, during and after pregnancy, one caplet and one softgel capsule daily, or as directed by a physician.

HOW SUPPLIED: Vitafol®-OB+DHA is available as a light blue caplet debossed EV0079 and one amber-colored DHA softgel capsule. Available in Box of Unit-Dose pack of 30 (5 child resistant blister cards of 6 caplets and 6 softgel capsules each) (0642-0076-30) and as professional samples (0642-0076-03).

Store at room temperature, approximately 15°-30°C (59°-86°F), avoid excessive heat and moisture.

See package insert for full prescribing information

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

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Vitafol®-OB+DHA

Prenatal Supplement with DHA

SUGAR, LACTOSE, GLUTEN AND IODINE FREE

• Natural source DHA



Vitafol®-OB + DHA
(DAILY DOSE)

Lot No.

Exp. Date:

Vitafol®-OB+DHA

Prenatal Supplement with DHA

SUGAR, LACTOSE, GLUTEN AND IODINE FREE

Smaller DHA Softgel



Rx

Unit Dose Pack
30 Caplets and 30 Softgel Capsules

U.S. Patented

0642-0076-30

Vitafol®-OB+DHA

Prenatal Supplement with DHA

Supplement Facts

Serving Size 1 Caplet and 1 Softgel Capsule

Each Caplet contains		% Daily Value in Pregnancy
Vitamin A (as beta carotene)	510 mcg RAE	60%
Vitamin C (as ascorbic acid)	70 mg	60%
Vitamin D (as cholecalciferol)	10 mcg	70%
Vitamin E (as dl-alpha tocopheryl acetate)	13.5 mg	70%
Thiamin (Vitamin B1 as thiamine mononitrate)	1.6 mg	110%
Riboflavin (Vitamin B2)	1.8 mg	110%
Niacin (as niacinamide)	18 mg NE	100%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	130%
Folate (as folic acid)	1700 mcg DFE	280%
Vitamin B12 (as cyanocobalamin)	12 mcg	430%
Calcium (as calcium carbonate)	100 mg	8%
Iron (as ferrous fumarate)	65 mg	240%
Magnesium (as magnesium oxide)	25 mg	6%
Zinc (as zinc oxide)	25 mg	190%
Copper (as copper oxide)	2 mg	150%

Each Softgel Capsule contains

Docosahexaenoic acid (DHA) (from natural algal oil)	250 mg	†
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† Daily Value not established

Other Ingredients in Vitafol®-OB Caplet: gelatin (bovine), glycerin, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, maltodextrin, copovidone, stearic acid, water, hydroxypropyl methylcellulose, dicalcium phosphate, acacia gum, titanium dioxide, polydextrose, starch, magnesium stearate, triacetin, modified food starch, mannitol, vitamin E alcohol, polyethylene glycol, talc, FD&C Blue #1, FD&C Blue #2. Contains: Soy.

