

A COMPLETE
MULTIVITAMIN.
SCIENCE THAT
MATTERS.

One A Day® Pregnancy Planning is a multivitamin specially formulated with key nutrients to support reproductive health as you start your fertility journey.*

One A Day® Pregnancy Planning has both folic acid and methylfolate to support neural tube development and key nutrients like folic acid, zinc, vitamin B₁₂, and vitamin D to support reproductive health.*

*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.

ONE A DAY®

Pregnancy
Planning

pre-pregnancy multivitamin

key nutrients to support
reproductive health as you start
your fertility journey*



DIETARY SUPPLEMENT

60
TABLETS



LOT/EXP

Directions: Adults: Take one tablet daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% Daily Value for Adults	% Daily Value for Pregnant Women
Vitamin A 770 mcg (100% as beta-carotene)	86%	59%
Vitamin C 85 mg	94%	71%
Vitamin D 25 mcg (1000 IU)	125%	167%
Vitamin E 10 mg	67%	53%
Thiamin (B ₁) 1.4 mg	117%	100%
Riboflavin (B ₂) 1.4 mg	108%	88%
Niacin 18 mg	113%	100%
Vitamin B ₆ 1.9 mg	112%	95%
Folate 1000 mcg DFE (400 mcg folic acid, 200 mcg methylfolate)	250%	167%
Vitamin B ₁₂ 2.6 mcg	108%	93%
Biotin 30 mcg	100%	86%
Pantothenic Acid 6 mg	120%	86%
Calcium 130 mg	10%	10%
Iron 18 mg	100%	67%
Iodine 150 mcg	100%	52%
Magnesium 100 mg	24%	25%
Zinc 11 mg	100%	85%
Selenium 60 mcg	109%	86%
Copper 1 mg	111%	77%
Manganese 2 mg	87%	77%

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Hydroxypropyl Methylcellulose, dl-Alpha-Tocopherol Acetate; Less than 2% of: Beta-Carotene, Calcium-L-Methylfolate, Carnauba Wax, Cholecalciferol, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Biotin, D-Calcium Pantothenate, Folic Acid, Gelatin, Isomalt, Manganese Sulfate, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Zinc Oxide.

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

If you are pregnant, breastfeeding, 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

CHILD RESISTANT CAP

Do not use if printed safety seal bearing "Bayer HealthCare" under cap is torn or missing.

Store at room temperature. Avoid temperatures above 25°C (77°F).

Questions or comments?

Please text or call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)

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