

Dosage: One tablet daily or as directed by a physician.

Indications: To provide vitamin and mineral supplementation prior to and through pregnancy and during the postnatal period, for both lactating and non-lactating mothers.

Caution: Folic Acid in doses above 1 mg may obscure pernicious anemia, in that hematological remission may occur while neurological manifestations remain progressive.

Additional Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



1 800 456 4138
www.pharmics.com

NDC 00813-0202-01

RX ONLY

HEALTHY  HAPPY

O-CAL PRENATAL

Vitamin & Mineral
Supplement with Folic Acid

Gluten Free

100 tablets

pharmics^{inc.}

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving
Vitamin A (Beta Carotene)	2500 I.U.
Vitamin C (Ascorbic Acid)	70 mg
Vitamin D-3 (Cholecalciferol)	400 I.U.
Vitamin E (Acetate)	30 I.U.
Vitamin B-1 (Thiamine Mononitrate)	15 mg
Vitamin B-2 (Riboflavin)	16 mg
Niacin (Nicotinamide)	17 mg
Vitamin B-6 (Pyridoxine HCl)	12 mg
Folic Acid	1 mg
Vitamin B-12 (Cyanocobalamin)	12 mcg
Calcium (Calcium Carbonate)	200 mg
Iron (Ferrous Fumarate)	15 mg
Iodine (Potassium Iodide)	150 mcg
Magnesium (Magnesium Oxide)	100 mg
Zinc (Zinc Oxide)	15 mg
Copper (Cupric Sulfate)	2 mg

Manufactured by
National Vitamin Co.
Casa Grande, AZ 85122

Distributed by
Pharmics Inc.
Salt Lake City, UT 84119

Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Hydroxypropyl Methylcellulose, Titanium Dioxide, Triacetin, Silicon Dioxide.



LOT NO.

EXP