

- Complete Dietary Supplement**
- Before Conception • During Pregnancy • While Breastfeeding
- Which Helps Support You and Your Baby's Needs

Choline & DHA Help Support Brain Development*

✓ **FOLIC ACID & IRON**
Support Central Nervous System*

✓ **CALCIUM & VITAMIN D**
Support Bone Health*

✓ **VITAMIN C & VITAMIN E**
Support Immune System*

More Vitamin D than the Other Leading Brand*

*Enfamil® Expecta® has 50% more vitamin D vs. One A Day® but has not been shown to be superior in supporting bone health.

*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.

For more information, see enfamil.com/expecta

DHA Softgel

- Experts recommend 200-300 mg/day of DHA for pregnant and lactating women
- DHA helps support BRAIN and EYE development*
- Made from non-fish source of DHA
- Hint of lemon to reduce burp back



Multivitamin & Mineral Tablet

Choline helps support baby's brain development*

Vitamin D to meet Institute of Medicine recommendations

Folic Acid & Iron to help support central nervous system*

Calcium & Vitamin D help support bone health*

Vitamin C & Vitamin E help support immune system*

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SOFTGEL

Supplement Facts

Serving Size: 1 softgel

Amount Per Serving	% Daily Value
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Calories 5	
Total Fat 0.5 g	1%*

DHA (docosahexaenoic acid from Schizochytrium sp. oil) 200 mg	†
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*Percent Daily Values are based on a 2,000 Calorie Diet
†Daily Value not established

OTHER INGREDIENTS: GELATIN, GLYCERIN, HIGH OLEIC SUNFLOWER OIL, WATER, LEMON OIL, SOY LECITHIN, ROSEMARY EXTRACT, COLORS (CARMINE AND TURMERIC), ASCORBIC PALMITATE (ANTIOXIDANT), AND MIXED NATURAL TOCOPHEROLS (ANTIOXIDANT).

Distributed by: **NEAR JOHNSON & COMPANY, LLC, EVANSVILLE, IN 47721 U.S.A.**
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If you have a question, we are here for you:

1-888-4EXPECTA

2024238

**NOT FOR
RETAIL SALE**

Infamil™ Expecta®

Prenatal Dietary Supplement

Provides 100% DV of Folic Acid

Choline & DHA Help Support Your Baby's Brain Development*

Mercury Free Source of DHA

Hint of Lemon For Digestive Comfort

10 MULTIVITAMIN AND MINERAL TABLETS • 10 DHA SOFTGELS

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MULTIVITAMIN AND MINERAL TABLET

Supplement Facts

Serving Size: 1 tablet

Amount Per Serving	% Daily Value for Pregnant/Lactating Women	Amount Per Serving	% Daily Value for Pregnant/Lactating Women
Vitamin A (50% as Beta-Carotene, 50% Vitamin A Acetate) ...	4000 IU ... 50%	Biotin ...	300 mcg ... 100%
Vitamin C (as Ascorbic Acid) ...	60 mg ... 100%	Pantothenic Acid (as Calcium Pantothenate) ...	10 mg ... 100%
Vitamin D (as D ₃ Cholecalciferol) ...	600 IU ... 150%	Calcium (as Calcium Carbonate) ...	300 mg ... 23%
Vitamin E (as Vitamin E Acetate) ...	30 IU ... 100%	Iron (as Ferrous Fumarate) ...	28 mg ... 156%
Thiamin (as Thiamin Mononitrate) ...	1.7 mg ... 100%	Iodine (as Potassium Iodide) ...	150 mcg ... 100%
Riboflavin ...	2 mg ... 100%	Magnesium (as Magnesium Oxide) ...	50 mg ... 11%
Niacin (as Niacinamide) ...	20 mg ... 100%	Zinc (as Zinc Oxide) ...	15 mg ... 100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) ...	2.5 mg ... 100%	Copper (as Cupric Sulfate) ...	2 mg ... 100%
Folic Acid ...	800 mcg ... 100%	Choline (as Choline Bitartrate) ...	55 mg ... *
Vitamin B ₁₂ ...	8 mcg ... 100%		

*Daily Value not established

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, PARTIALLY HYDROLYZED POLYVINYL ALCOHOL, TITANIUM DIOXIDE, POLYETHYLENE GLYCOL, MAGNESIUM STEARATE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELOSE SODIUM, FISH GELATIN (NATURAL EMBULSIFIER DERIVED FROM COD, POLLOCK, HADDOCK, HAKE, CUSK, REDFISH, SOLE & FLOUNDER), MONO & DIGLYCERIDES, TALC, BEEF GELATIN, ETHYL CELLULOSE, YELLOW 6 LAKE, ANTIOXIDANTS (SODIUM ASCORBATE, DL-ALPHA-TOCOPHEROL, CITRIC ACID), BHT (A PRESERVATIVE). MAY CONTAIN SHRIMP.

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.

CHILD RESISTANT CAP. DIRECTIONS: Take one softgel and one tablet daily with a meal. Swallow whole with water. For adults only. Consult your doctor before taking any supplement. Store these products at room temperature in a dry place. Keep tightly closed. Protect from excessive heat or freezing. Do not use if safety seal bearing "SEALED FOR YOUR PROTECTION" underneath cap is torn or missing.