

INDICATIONS AND USAGE: Vitafo1®-One 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, including individuals with known allergies to fish. Vitafo1®-One 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 the 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 softgel capsule daily, or as directed by a physician.

HOW SUPPLIED: Vitafo1®-One is available as a dark blue, oval shaped softgel capsule imprinted "EV0070". Available in Box of Unit-Dose pack of 30 (5 child resistant blister cards of 6 softgel capsules), (NDC 0642-0070-30) and as professional samples (NDC 0642-0070-01).

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

See package insert for full prescribing information

Manufactured for
EVERETT LABORATORIES, INC. West Orange, NJ 07052
1-877-324-9349

Patent Pending
Vitafo1® is a trademark of Everett Laboratories
Life's DHA is a trademark of Martek Biosciences Corporation.
U.S. Patent No. 5,492,938; 7,163,811

(Rev. 05/11)

Vitafo1-One

Prenatal Supplement with DHA

- 150 mcg Iodine
- 1000 IU Vitamin D
- Plant source DHA
- 1 mg Folic Acid
- Gluten, Lactose and Sugar Free

The Little One

Small, All-In-One,
Once Daily
Softgel Capsule

Lot No.

Exp. Date:



Vitafo1-One

Prenatal Supplement with DHA

The Little One

Unit Dose Pack
30 Softgel Capsules

Rx only



U.S. PATENTED

NDC 0642-0070-30

Supplement Facts

Serving Size 1 Softgel Capsule

Servings Per Box 30

Each Softgel Capsule contains	% Daily Value in Pregnancy	
Vitamin A (as beta carotene)	1100 IU	22%
Vitamin C (as ascorbic acid)	30 mg	35%
Vitamin D3 (as cholecalciferol)	1000 IU	167%
Vitamin E (as dl-alpha tocopheryl acetate)	20 IU	133%
Thiamine mononitrate (Vitamin B1)	1.6 mg	114%
Riboflavin (Vitamin B2)	1.8 mg	129%
Niacin (as nicotinamide)	15 mg	83%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	132%
Folic acid	1 mg	167%
Vitamin B12 (as cyanocobalamin)	12 mcg	462%
Elemental Iron (as polysaccharide iron complex)	29 mg	107%
Iodine (as potassium iodide)	150 mcg	68%
Magnesium (as magnesium oxide)	20 mg	6%
Zinc (as zinc oxide)	25 mg	227%
Copper (as copper oxide)	2 mg	200%
Omega-3 Fatty Acid:		
DHA from Algal (as crypthecodinium) Oil	200 mg	†
† Daily Value not established		

Inactive Ingredients: Gelatin (bovine BSE-free), Sorbitol, Glycerin, Soybean Oil, USP Purified Water, Yellow Beeswax, Dicalcium Phosphate, Soy Lecithin, Vegetable Oil, FD&C Blue #1, Titanium Dioxide (color), Sodium Thiosulfate, Caramel (color), High Oleic Sunflower Oil, Tocopherols, Ascorbyl Palmitate.