

## All-in-One Prenatal Care for Mother & Baby\*

Total One Prenatal™ helps provide  
optimum nutrition during pregnancy.

\*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.

You may need additional supplements to support a healthy diet;  
consult your nutritionist for a formula that is right for you,  
or call us toll free at 877-ASK-ZAHLER (877-275-9245).

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PAREVE



UNDER STRICT  
SUPERVISION OF  
RABBI SH. STERN &  
THE ORTHODOX  
UNION



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SOY FREE



Total One Prenatal™  
is a trademark  
of Advanced Nutrition  
by Zahler®.



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advanced  
nutrition by

**ZAHLER**®

# Total One Prenatal™

## Essential Once-Daily Prenatal

All-in-One Prenatal Care for Mother & Baby\*

WOMEN'S  
HEALTH



DIETARY  
SUPPLEMENT  
90 CAPSULES

Feel Better,  
Everyday™

### Supplement Facts

Serving Size: 1  
Servings Per Container: 90

Amount Per Serving	%DV*	PRENANT/ LACTATING WOMEN**
Vitamin A (as beta carotene)	3500 IU 70%	44%
Vitamin C (as ascorbic acid)	100 mg 166%	166%
Vitamin D (as Vitamin D3 cholecalciferol)	1000 IU 250%	250%
Vitamin E (as d-alpha tocopherol)	45 IU 150%	150%
Thiamin (as Vitamin B1)	2.25 mg 150%	132%
Riboflavin (as Vitamin B2)	2.50 mg 147%	125%
Niacin (as niacinamide)	20 mg 100%	100%
Vitamin B6 (as pyridoxine HCl)	5 mg 250%	200%
Folate (as folic acid)	800 mcg 200%	100%
Vitamin B12 (as methylcobalamin)	15 mcg 250%	188%
Biotin	300 mcg 100%	100%
Pantothenic Acid	10 mg 100%	100%
Calcium (as carbonate, citrate)	25 mg 3%	2%
Iron (as Ferrochel AAC)	30 mg 167%	167%
Iodine (from kelp)	75 mcg 50%	50%
Magnesium (as AAC)	12.5 mg 3%	3%
Zinc (as AAC)	15 mg 100%	100%
Selenium	15 mcg 21%	**
Copper	1.5 mg 75%	75%
Manganese (as AAC)	1 mg 50%	**
Chromium (as chromium picolinate)	25 mcg 21%	**
Potassium (as AAC)	3 mg **	**

Directions:  
1 capsule daily  
with food,  
or as directed by  
your healthcare  
professional.

**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.

Distributed By:  
Advanced Nutrition  
by Zahler®

50 Lawrence Avenue,  
Brooklyn, NY 11230  
www.zahlers.com

\* Daily Value is based on a 2,000 calorie diet.  
\*\* Daily Value not established

### Other Ingredients:

Ascorbyl palmitate, Silox.