

# ONE A DAY<sup>®</sup>

women's

MULTIVITAMIN/MULTIMINERAL  
SUPPLEMENT

# Prenatal<sup>1</sup>



60 Softgels

Directions: Adults, take one softgel daily with food.

## Supplement Facts

Serving Size: One softgel

	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Calories	10	
Calories From Fat	5	
Total Fat	0.5 g	*
Polyunsaturated Fat	0.5 g	*
Cholesterol	25 mg	*
Vitamin A (50% as beta-carotene)	4000 IU	50%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin (B <sub>1</sub> )	1.7 mg	100%
Riboflavin (B <sub>2</sub> )	2 mg	100%
Niacin	20 mg	100%
Vitamin B <sub>6</sub>	2.5 mg	100%
Folic Acid	800 mcg	100%

	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Vitamin B <sub>12</sub>	8 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	200 mg	15%
Iron	28 mg	156%
Iodine	150 mcg	100%
Magnesium	50 mg	11%
Zinc	15 mg	100%
Copper	2 mg	100%
Sodium	15 mg	*
Omega-3 Fatty Acids (from fish oil)	235 mg	*
DHA (docosahexaenoic acid)	200 mg	*
EPA (eicosapentaenoic acid)	35 mg	*

\*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Omega-3 Fish Oil, Gelatin, Glycerin, Magnesium Oxide, Yellow Beeswax, Ascorbic Acid; Less than 2% of: Beta-Carotene, Biotin, Carbonyl Iron, Cupric Oxide, d-Alpha Tocopherol, D-Calcium Pantothenate, FD&C Blue #1, FD&C Red #40, Folic Acid, Niacinamide, Potassium Iodide, Purified Water, Pyridoxine Hydrochloride, Riboflavin, Soy Lecithin, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Palmitate, Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub> (Cholecalciferol), Zinc Oxide. Contains: Fish (anchovy, jack mackerel, sardine, tuna) and Soy.

**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

CHILD RESISTANT CAP

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

Not for children

Do not use if safety seal bearing "SEALED for YOUR PROTECTION" under cap is torn or missing.

Store at room temperature. Avoid excessive heat.

Questions or comments?  
1-800-800-4793 (Mon-Fri 9-5 EST)

C3580

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Bayer

EXPIRATION DATE: