

AP23715A08
IFC# 626



Questions or comments?
Please call 1-800-800-4793 (Mon-Fri 9-5 EST)
Visit our website at www.oneaday.com

Complete Prenatal Multivitamin with FOLIC ACID plus DHA:
• DHA to support healthy fetal brain and eye development*
• Provides 100% of recommended Daily Value of Folic Acid
For Use Before, During and After Pregnancy



Complete Prenatal Multivitamin with FOLIC ACID plus DHA:
• DHA helps support healthy fetal brain and eye development during pregnancy* and is also recommended by experts while breastfeeding
• Folic Acid - Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect
• Iron in pregnant women helps carry oxygen to the fetus*

Directions: Adults: One tablet and one liquid gel daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% DV	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 4000 IU	50%	Niacin 20 mg	100%	Iron 28 mg	156%
(50% as beta-carotene)		Vitamin B6 2.5 mg	100%	Iodine 150 mcg	100%
Vitamin C 60 mg	100%	Folic Acid 800 mcg	100%	Magnesium 50 mg	11%
Vitamin D 400 IU	100%	Vitamin B12 8 mcg	100%	Zinc 15 mg	100%
Vitamin E 30 IU	100%	Biotin 300 mcg	100%	Copper 2 mg	100%
Thiamin (B1) 1.7 mg	100%	Pantothenic Acid 10 mg	100%		
Riboflavin (B2) 2 mg	100%	Calcium (elemental) 300 mg	23%		

INGREDIENTS: Calcium Carbonate, Cellulose, Ferrous Fumarate, Magnesium Oxide, Ascorbic Acid, Dicalcium Phosphate, dl-Alpha-Tocopheryl Acetate, Croscarmellose Sodium, Maltodextrin, Niacinamide, Gelatin, Acacia, Polyvinyl Alcohol, Zinc Oxide, D-Calcium Pantothenate, Corn Starch, Titanium Dioxide, Polyethylene Glycol, Magnesium Stearate, Talc, Cupric Sulfate, Silicon Dioxide, Pyridoxine Hydrochloride, Calcium Silicate, Riboflavin, Thiamine Mononitrate, Hypromellose, Beta-Carotene, FD&C Red #40 Lake, Folic Acid, Vitamin A Acetate, Biotin, Potassium Iodide, Cholecalciferol, Cyanocobalamin. Contains: Fish (cod, pollock, haddock, hake, cusk, redfish) 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.

Supplement Facts

Serving Size: One liquid gel

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 10		Omega-3 Fatty Acids (from fish oil) 440 mg	*
Calories from Fat 5		EPA (eicosapentaenoic acid) 240 mg	*
Total Fat 0.5 g	*	DHA (docosahexaenoic acid) 200 mg	*
Polyunsaturated Fat 0.5 g	*		

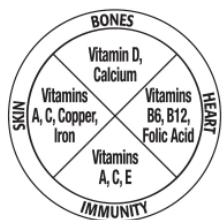
INGREDIENTS: Marine Lipid Concentrate, Gelatin, Glycerin, Methacrylic Acid Copolymer, Propylene Glycol, Glyceryl Monostearate, Triethyl Citrate, Triacetin, Soy Lecithin. Contains: Fish (sardine, anchovy) and Soy.

SEE SIDE PANEL FOR ADDITIONAL WARNINGS

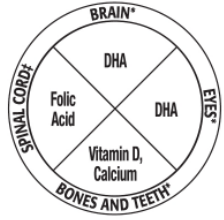
KEEP OUT OF REACH OF CHILDREN
CHILD RESISTANT CAP
Do not use this product if safety seal bearing "SEALED for YOUR PROTECTION" under cap is torn or missing.
Store at room temperature. Avoid excessive heat. Replace cap after use.
EXPIRATION DATE:

Ask a doctor before use if you are taking a drug for anticoagulation (blood thinning) or if you have bleeding problems.
If you are pregnant inform your doctor, or if nursing, your child's doctor, that you are using this product.

Ingredients to Help Support Your Health:*



Ingredients to Help Support Your Baby's Healthy Development:



*Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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