VITAFOL gummies

Prenatal Vital Nutrition with iron

Supplement Facts

Serving Size 3 Gummies

Amount Per Serving		% Daily Value in Pregnancy
Calories	24	
Total Carbohydrates	5 g	†*
Sugars	5 g	†*
Vitamin A (as retinyl palmitate)	330 mcg RAE	25%
Vitamin C (as ascorbic acid)	30 mg	25%
Vitamin D (as cholecalciferol)	25 mcg	170%
Vitamin E (as d-alpha tocopheryl acetate)	10 mg	50%
Niacin (as niacinamide)	15 mg NE	80%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	130%
Folate (as folic acid)	1700 mcg DFE	280%
Vitamin B12 (as cyanocobalamin)	8 mcg	280%
Choline (as choline bitartrate)	10 mg	2%
Iron (as ferric orthophosphate)	10 mg	40%
Iodine (as potassium iodide)	150 mcg	50%
Omega 3 fatty acid	104.5 mg	†
Docosahexaenoic acid (DHA)	75 mg	†
Eicosapentaenoic acid (EPA)	15.3 mg	†
Other Omega 3 fatty acid	14.2 mg	†

† Daily Value not established
* Percent Daily Values based on 2,000 calorie diet.

Other Ingredients: sugar, glucose syrup, water, gelatin (bovine), lactic acid, citric acid, natural mixed berry flavor, natural color magenta, natural masking flavor.

Contains soy and fish oil (cod).

USAGE: Vitafol® Gummies is indicated to provide vitamin, mineral, and DHA supplementation throughout pregnancy.**

CONTRAINDICATIONS: Vitafol® Gummies is contraindicated in patients with hypersensitivity to any of its components or color additives.

Folic acid is contraindicated in patients with untreated and uncomplicated pernicious anemia, and in those with anaphylactic sensitivity to folic acid.

Iron therapy is contraindicated in patients with hemochromatosis and patients with iron storage disease or the potential for iron storage disease due to chronic hemolytic anemia (e.g., inherited anomalies of hemoglobin structure or synthesis and/or red cell enzyme deficiencies, etc.), pyridoxine responsive anemia, or cirrhosis of the liver.

Cyanocobalamin is contraindicated in patients with sensitivity to cobalt or to cyanocobalamin (vitamin B12).

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 a Poison Control Center immediately.

WARNINGS/PRECAUTIONS: This product is intended for use as directed by your healthcare provider. Please do not share with others. **Contains: soybean and fish oil (cod).**

Vitamin D supplementation should be used with caution in those with hypercalcemia or conditions that may lead to hypercalcemia such as hyperparathyroidism and those who form calcium-containing kidney stones. High doses of vitamin D can lead to elevated levels of calcium that reside in the blood and soft tissues. Bone pain, high blood pressure, formation of kidney stones, renal failure, and increased risk of heart disease can occur.

Iodine should be used with caution in patients with an overactive thyroid.

Prolonged use of iron salts may produce iron storage disease.

Folic acid, especially in doses above 0.1 mg daily, may obscure pernicious anemia, in that hematologic remission may occur while neurological manifestations remain progressive. The use of folic acid doses above 1 mg daily may precipitate or exacerbate the neurological damage of vitamin B12 deficiency.

Consumption of more than 3 grams of omega-3 fatty acids per day from all sources may lead to excessive bleeding.

Supplemental intake of omega-3 fatty acids such as DHA exceeding 2 grams per day is not recommended.

Do not use if inner seal is broken or missing. Do not exceed recommended dose.

Keep out of the reach of children.

Drug Interactions: Medications for an overactive thyroid (anti-thyroid drugs) used in conjunction with iodine supplementation may lead to hypothyroidism.

Medications for hypertension used in conjunction with iodine supplementation may increase potassium.

High doses of folic acid may result in decreased serum levels of the anticonvulsant drugs; carbamazepine, fosphenytoin, phenytoin, phenobarbitol, valproic acid. Folic acid may decrease a patient's response to methotrexate.

Vitamin D supplementation should not be given with large amounts of calcium in those with hypercalcemia or conditions that may lead to hypercalcemia such as hyperparathyroidism and those who form calcium-containing kidney stones.

Zinc can inhibit the absorption of certain antibiotics; take at least 2 hours apart to minimize interactions.

Consult appropriate references for additional specific vitamin- drug interactions.

Information for Patients: Patients should be counseled to disclose all medical conditions, including use of all medications, vitamins and supplements, pregnancy, and breast-feeding.

Pediatric Use: Not for pediatric use.

ADVERSE REACTIONS: Adverse reactions have been reported with specific vitamins and minerals, but generally at doses higher than those in Vitafol® Gummies. However, allergic and idiosyncratic reactions are possible at any dose. Reported adverse events include skin ailments, gastrointestinal complaints, glucose abnormalities, and visual problems.

DIRECTIONS FOR USE: During pregnancy, take 3 gummies by mouth daily, or as directed by your healthcare provider.

HOW SUPPLIED: Vitafol® Gummies is available as a coated berry shaped gummy. Available in bottles of 90 gummies (0642-0125-90) and 3 gummies as professional samples (0642-0125-04).

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

**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.

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Made in Colombia.
Distributed by:
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