



# VITAFOL One

Prenatal Supplement with DHA

## Supplement Facts

Serving Size 1 Softgel Capsule

Each Softgel Capsule contains		% Daily Value in Pregnancy
Vitamin A (as beta carotene)	330 mcg RAE	25%
Vitamin C (as ascorbic acid)	30 mg	25%
Vitamin D (as cholecalciferol)	25 mcg	170%
Vitamin E (as dl-alpha tocopheryl acetate)	9 mg	50%
Thiamin (Vitamin B1 as thiamine mononitrate)	1.6 mg	110%
Riboflavin (Vitamin B2)	1.8 mg	110%
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)	12 mcg	430%
Iron (as polysaccharide iron complex)	29 mg	110%
Iodine (as potassium iodide)	150 mcg	50%
Magnesium (as magnesium oxide)	20 mg	6%
Zinc (as zinc oxide)	25 mg	190%
Copper (as copper oxide)	2 mg	150%
Docosahexaenoic acid (DHA) (from natural algal oil)	200 mg	†

† Daily Value not established

**Other Ingredients:** Gelatin (Bovine), Glycerin, Soybean Oil, Yellow Beeswax, Water, Soy Lecithin, FD&C Blue #1, Titanium Dioxide, Caramel, White Ink.

**Contains: Soy.**

**USAGE:** VitaFol® 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.\*

VitaFol® One does not contain fish, fish oils, fish proteins or fish byproducts.

**CONTRAINDICATIONS:** Do not use VitaFol® One if you have had a serious allergic reaction to VitaFol® One or any of the ingredients in VitaFol® One.

**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.

**Before using VitaFol® One, tell your healthcare provider about all of your medical conditions,** including use of all medications, vitamins and supplements, pregnancy, and breast-feeding.

**DIRECTIONS FOR USE:** Before, during, and after pregnancy, take one softgel capsule by mouth daily, or as directed by your healthcare provider.

**HOW SUPPLIED:** VitaFol® One is available as a dark blue, oval shaped softgel capsule imprinted "EV 0070". Available in Box of Unit-Dose pack of 30 (5 child resistant blister cards of 6 softgel capsules), (0642-0070-30) and as professional samples (0642-0070-03).

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