



# VITAFOL ULTRA

Prenatal Supplement with 200mg DHA

## Supplement Facts

Serving Size 1 Softgel Capsule

| Each Softgel Capsule contains  |              | % Daily Value<br>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<br>(680 mcg DFE from folic acid & 1020 mcg DFE from l-methylfolate calcium) | 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        | 5%                            |
| Zinc (as zinc oxide)   | 25 mg        | 190%                          |
| Copper (as copper oxide)   | 2 mg         | 150%                          |
| Docosahexaenoic acid (DHA)<br>(from natural algal oil)                             | 200 mg       | †                             |

† Daily Value not established

**Other Ingredients:** Gelatin (Bovine), Glycerin, Soybean Oil, Yellow Beeswax, Sorbitol, Purified Water, Soy Lecithin, Microcrystalline Cellulose, Mannitol, FD&C Blue #1, Ethyl Vanillin. Titanium Dioxide (color). May contain: Sunflower Oil, Olive Oil. **Contains: Soy.**

**USAGE:** Vitafol® Ultra provides vitamin, mineral, and DHA supplementation prior to conception, throughout pregnancy, and during the postnatal period for the lactating and non-lactating mother.\*

Vitafol® Ultra does not contain fish, fish oils, fish proteins or fish byproducts.

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

**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® Ultra, 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® Ultra is available as a dark blue, oval shaped softgel capsule imprinted "EV0093". Available in Box of Unit-Dose pack of 30 (5 child resistant blister cards of 6 softgel capsules), (0642-0093-30) and as professional samples (0642-0093-03).

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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Exeltis USA, Inc.,  
Florham Park, NJ 07932

1-877-324-9349

www.exeltisUSA.com

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