



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, Sorbitol, Purified Water, Soy Lecithin, Sunflower Oil, Microcrystalline Cellulose, FD&C Blue #1, Ethyl Vanillin, Mannitol, Titanium Dioxide.

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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Distributed by:

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