



**ONE A DAY®**  
**Women's Prenatal**

**Tablet:**

**Directions:** Adults: One tablet daily, with food.

<b>Supplement Facts</b>		
Serving Size: One tablet		
	<b>Amount Per Serving</b>	<b>% Daily Value for Pregnant and Lactating Women</b>
Vitamin A (50% as beta-carotene)	4000 IU	50%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin (B <sub>1</sub> )	1.7 mg	100%
Riboflavin (B <sub>2</sub> )	2 mg	100%
Niacin	20 mg	100%
Vitamin B <sub>6</sub>	2.5 mg	100%
Folic Acid	800 mcg	100%
Vitamin B <sub>12</sub>	8 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	300 mg	23%
Iron	28 mg	156%
Iodine	150 mcg	100%
Magnesium	50 mg	11%
Zinc	15 mg	100%
Copper	2 mg	100%

**INGREDIENTS:** Calcium Carbonate, Microcrystalline Cellulose, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid, dl-Alpha-Tocopheryl Acetate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Croscarmellose Sodium, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, FD&C Red #40 Dye, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Folic Acid, Hydroxypropyl Methylcellulose, Niacinamide, Polyethylene Glycol, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

**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.



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**Liquid Gel:**

**Directions:** Adults: One liquid gel daily, with food.  
(for label only)

<b>Supplement Facts</b>		
Serving Size: One liquid gel		
	<b>Amount Per Serving</b>	<b>% Daily Value for Pregnant and Lactating Women</b>
Omega-3 Fatty Acids (from fish oil)	223 mg	*
DHA (docosahexaenoic acid)	200 mg	*
EPA (eicosapentaenoic acid)	23 mg	*

\*Daily Value not established.

**INGREDIENTS:** Marine Lipid Concentrate, Gelatin, Purified Water, Glycerin, Ethylcellulose; Less than 2% of: Medium Chain Triglycerides, Oleic Acid, Sodium Alginate, Stearic Acid.

**Contains:** Fish (anchovy, tuna) and Soy.

<b>KEEP OUT OF REACH OF CHILDREN</b>
<b>CHILD RESISTANT CAP</b>
DHA/EPA Liquid Gel Made in Peru
<b>Ask a doctor before use if you are taking a drug for anticoagulation (blood thinning) or if you have bleeding problems.</b>
<b>If you are pregnant inform your doctor, or if nursing, your child's doctor, that you are using this product.</b>
Distributed by: Bayer HealthCare LLC Consumer Care P.O. Box 1910 Morristown, NJ 07962-1910 USA

Contact Information –

**Questions or comments?**

Please call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)  
Visit our website at [www.oneaday.com](http://www.oneaday.com)