



**ONE A DAY
Women's Prenatal 1**

Supplement Facts		
Serving Size: One softgel		
	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Calories	5	
Calories From Fat	5	
Total Fat	0.5 g	*
Polyunsaturated Fat	0.5 g	*
Cholesterol	25 mg	*
Total Carbohydrate	0 g	*
Sugars	0 g	*
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 ₁)	1.7 mg	100%
Riboflavin (B ₂)	2 mg	100%
Niacin	20 mg	100%
Vitamin B ₆	2.5 mg	100%
Folic Acid	800 mcg	100%
Vitamin B ₁₂	8 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium	200 mg	15%
Iron	28 mg	156%
Iodine	150 mcg	100%
Magnesium	50 mg	11%
Zinc	15 mg	100%
Copper	2 mg	100%
Omega-3 Fatty Acids (from fish oil)	235 mg	*
DHA (docosahexaenoic acid)	200 mg	*
EPA (eicosapentaenoic acid)	35 mg	*

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Omega-3 Fish Oil, Gelatin, Glycerin, Magnesium Oxide, Yellow Beeswax, Ascorbic Acid, d-Alpha Tocopherol; Less than 2% of: Beta-Carotene, Biotin, Carbonyl Iron, Color (Annatto Extract [seed]), Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, Folic Acid, Niacinamide, Potassium Iodide, Purified Water, Pyridoxine Hydrochloride, Retinyl Palmitate, Riboflavin, Soy Lecithin, Thiamine Mononitrate, Vitamin D₃ (Cholecalciferol), Zinc Oxide.



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Contains: Fish (anchovy, jack mackerel, sardine, tuna) and Soy.

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.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

For Adult Use Only

Not for children

Do not exceed recommended intake

Contact Information –

Questions or comments?

Please call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)