



One A Day Women's Prenatal 1

Directions: Adults, take one softgel daily with food.

Supplement Facts

Serving Size: One softgel

	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Calories	5	
Total Fat	0.5 g	<1%*
Cholesterol	5 mg	2%
Vitamin A (50% as beta-carotene)	650 mcg	50%
Vitamin C	85 mg	71%
Vitamin D	15 mcg (600 IU)	100%
Vitamin E	19 mg	100%
Thiamin (B ₁)	1.4 mg	100%
Riboflavin (B ₂)	1.6 mg	100%
Niacin	18 mg	100%
Vitamin B ₆	2 mg	100%
Folate	1330 mcg DFE (800 mcg folic acid)	222%
Vitamin B ₁₂	2.8 mcg	100%
Biotin	35 mcg	100%
Pantothenic Acid	7 mg	100%
Calcium	150 mg	12%
Iron	27 mg	100%
Iodine	150 mcg	52%
Magnesium	40 mg	10%
Zinc	13 mg	100%
Copper	1.3 mg	100%
Omega-3 Fatty Acids (from fish oil)	235 mg	**
DHA (docosahexaenoic acid)	200 mg	**
EPA (eicosapentaenoic acid)	35 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

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

Contains: Fish (anchovy, 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.



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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