



# One A Day Postnatal Complete Multivitamin

**Directions:** Adults: Take one softgel daily with food.

<b>Supplement Facts</b>		
Serving Size: One softgel		
	<b>Amount Per Serving</b>	<b>% Daily Value for Lactating Women</b>
Calories	5	
Total Fat	0.5 g	<1%*
Cholesterol	5 mg	2%
Total Carbohydrate	<1 g	<1%*
Vitamin A (100% as beta-carotene)	1080 mcg	83%
Vitamin C	60 mg	50%
Vitamin D	15 mcg (600 IU)	100%
Vitamin E	6.7 mg	35%
Thiamin (B <sub>1</sub> )	1.4 mg	100%
Riboflavin (B <sub>2</sub> )	1.6 mg	100%
Niacin	17 mg	94%
Vitamin B <sub>6</sub>	2 mg	100%
Folate	830 mcg DFE (500 mcg folic acid)	138%
Vitamin B <sub>12</sub>	2.8 mcg	100%
Biotin	35 mcg	100%
Pantothenic Acid	7 mg	100%
Calcium	120 mg	9%
Iron	3 mg	11%
Iodine	225 mcg	78%
Zinc	10 mg	77%
Omega-3 Fatty Acids (from fish oil)	215 mg	**
DHA (docosahexaenoic acid)	180 mg	**
EPA (eicosapentaenoic acid)	35 mg	**
Lutein	250 mcg	**
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

**Ingredients:** Omega-3 Fish Oil, Calcium Carbonate, Gelatin, Glycerin, Ascorbic Acid, Yellow Beeswax; Less than 2% of: Beta-Carotene, Carbonyl Iron, Cholecalciferol, Color (Annatto Extract [seed]), Cyanocobalamin, D-Biotin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, Folic Acid, Lutein (extracted from Marigold Flower [*Tagetes erecta*]), Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Soybean Lecithin, Sunflower Oil, Thiamine Mononitrate, Water, Zinc Oxide.

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



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**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**

**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**