



VITAFOL
One



Actual size

Supplement Facts

Serving Size 1 Softgel Capsule

Each Softgel Capsule contains		% Daily Value in Pregnancy
Vitamin A (as beta carotene)	1100 IU	14%
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as dl-alpha tocopheryl acetate)	20 IU	67%
Thiamine mononitrate (Vitamin B1)	1.6 mg	94%
Riboflavin (Vitamin B2)	1.8 mg	90%
Niacin (as niacinamide)	15 mg	75%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	100%
Folic acid	1 mg	125%
Vitamin B12 (as cyanocobalamin)	12 mcg	150%
Elemental Iron (as polysaccharide iron complex)	29 mg	161%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	20 mg	4%
Zinc (as zinc oxide)	25 mg	167%
Copper (as copper oxide)	2 mg	100%
Algal oil blend (derived from natural algal oil) (*providing 200 mg DHA (docosahexaenoic acid))	415 mg*	†

† Daily Value not established

Other Ingredients: Gelatin (bovine BSE-free), Sorbitol, Glycerin, Soybean Oil, USP Purified Water, Yellow Beeswax, Dicalcium Phosphate, Soy Lecithin, Vegetable Oil, FD&C Blue #1, Titanium Dioxide (color), Sodium Thiosulfate, Caramel (color), High Oleic Sunflower Oil, Tocopherols, Ascorbyl Palmitate.

Contains: Soy.