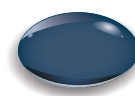




VITAFOL

ULTRA-FirstStep™



Actual size

Supplement Facts

Serving Size 1 Softgel Capsule

Each Softgel Capsule contains	% Daily Value in Pregnancy	
Vitamin A (as beta carotene)	300 mcg RAE	25%
Vitamin C (as ascorbic acid)	30 mg	25%
Vitamin D (as cholecalciferol)	25 mcg	170%
Vitamin E (as di-alpha tocopheryl acetate)	9 mg	50%
Thiamin (Vit. B1 as thiamine mononitrate)	1.6 mg	110%
Riboflavin (Vitamin B2)	1.8 mg	110%
Niacin (as niacinamide)	15 mg NE	80%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	130%
Folate (as folic acid)	1445 mcg DFE	240%
Vitamin B12 (as cyanocobalamin)	12 mcg	430%
Iron (as polysaccharide iron complex)	18 mg	70%
Iodine (as potassium iodide)	150 mcg	50%
Magnesium (as magnesium oxide)	20 mg	5%
Zinc (as zinc oxide)	25 mg	190%
Copper (as copper oxide)	2 mg	150%
Docosahexaenoic acid (DHA) (from natural algal oil)	200 mg	†

† Daily Value not established

Other ingredients: Gelatin (Bovine), Glycerin, Yellow Beeswax, Soybean Oil, Purified Water, Soy Lecithin, FD&C Blue #1, Titanium Dioxide (color), Ethyl Vanillin.

Contains: Soy.