

OB COMPLETE® With DHA Prenatal Multivitamin/Multimineral

Supplement Facts

Serving Size: 1 Softgel Capsule
Servings Per Container: 60

	Amount per Serving	% DV for Pregnant and Lactating Women
Calories	5	
Vitamin C (as Calcium Ascorbate)*	120 mg	100%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU)	167%
Vitamin E (as d-Alpha Tocopherol)	20 mg** (30 IU)	105%
Thiamin (as Thiamine Mononitrate)	2 mg	143%
Riboflavin	3.4 mg	213%
Vitamin B₆ (as Pyridoxine HCl)	30 mg	1500%
Folate	1667 mcg DFE (1000 mcg Folic Acid)	278%
Vitamin B₁₂ (as Cyanocobalamin)	15 mcg	536%
Iron (as Ferronyl® Carbonyl Iron 30 mg and Sumalate®*** Ferrous Asparto Glycinate 10 mg)	40 mg	148%
Zinc (as Zinc Oxide)	25 mg	192%
Copper (as Cupric Sulfate)	1 mg	77%
Calcium Threonate*	5 mg	†
Omega-3 Fatty Acids (EPA and DHA)	200 mg	†

*(Acid metabolites – such as L-threonic acid, help with absorption of Vitamin C)
**Equal to mg alpha-tocopherol
† Daily Value (DV) not established

Other Ingredients: Soybean Oil, Gelatin, Glycerin, Yellow Beeswax, Lecithin, Purified Water, Carmine Hydrosoluble, Titanium Dioxide, Ethyl Vanillin, FD&C Red #40, FD&C Blue #1

THIS PRODUCT CONTAINS SOY AND FISH OIL (ANCHOVIES, MACKEREL, SARDINES, TUNA).

GLUTEN-, LACTOSE- AND SUGAR-FREE

OB Complete® with DHA is a prescription multivitamin/multimineral indicated for use in improving the nutritional status of women prior to conception, throughout pregnancy, and in the postnatal period for both lactating and non-lactating mothers.

CONTRAINDICATIONS

OB Complete® with DHA should not be used by patients with a known hypersensitivity to any of the listed ingredients including soy and fish oil.

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.

WARNING

Ingestion of more than 3 grams of omega-3 fatty acids per day has been shown to have potential antithrombotic effects, including an increased bleeding time and INR. Administration of omega-3 fatty acids should be

avoided in patients on anticoagulants and in those known to have an inherited or acquired bleeding diathesis.

PRECAUTIONS

Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient. Folic acid in doses above 0.1 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurologic manifestations remain progressive. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

The patient's medical conditions and consumption of other drugs, herbs, and/or supplements should be considered.

DRUG INTERACTIONS

OB Complete® with DHA Prenatal Multivitamin/Multimineral is not recommended for and should not be given to patients receiving levodopa because the action of levodopa is antagonized by pyridoxine. There is a possibility of increased bleeding due to pyridoxine interaction with anticoagulants (e.g., Aspirin, Heparin, Clopidogrel).

ADVERSE REACTIONS

Adverse reactions have been reported with specific vitamins and minerals but generally at levels substantially higher than those contained herein. However, allergic and idiosyncratic reactions are possible at lower levels. Iron, even at the usual recommended levels, has been associated with gastrointestinal intolerance in some patients.

DESCRIPTION

OB Complete® with DHA is a purple, oval shaped softgel capsule imprinted with "VP049".

DIRECTIONS FOR USE

Take one softgel capsule by mouth daily or as directed by a physician.

HOW SUPPLIED

OB Complete® with DHA Prenatal Multivitamin/Multimineral softgels are available in 60 count bottles.

Product Code: 68025-049-60

STORAGE

Store at controlled room temperature 15°-30°C (59°-86°F) [See USP]. Protect from light, moisture and excessive heat.

KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.

***Sumalate® (Ferrous Asparto Glycinate) is a registered trademark of Albion International, Inc. and is covered by the following patents:

U.S. Pat. No. 6,716,814; U.S. Pat. No. 8,007,846 and U.S. Pat. No. 8,425,956.

For use on the order of a healthcare practitioner.

Call your doctor about side effects. To report side effects, call Vertical Pharmaceuticals at 1-800-444-5164 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

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