

# OB COMPLETE® PRENATAL MULTIVITAMIN

## Supplement Facts

Serving Size: 1 Caplet  
Servings Per Box: 100

	Amount per Serving	% Daily Value for Pregnant and Lactating Women
<b>Vitamin A</b> (as Beta Carotene)	630 mcg RAE (2100 IU)	48%
<b>Vitamin C</b> (Ascorbic Acid)	120 mg	100%
<b>Vitamin D</b> (as Cholecalciferol)	8 mcg (315 IU)	53%
<b>Vitamin E</b> (as d-Alpha Tocopheryl Succinate)	13 mg* (20 IU)	68%
<b>Thiamin</b> (as Thiamine Mononitrate)	2 mg	143%
<b>Riboflavin</b>	3.4 mg	213%
<b>Niacin</b> (as Niacinamide)	10 mg NE	56%
<b>Vitamin B<sub>6</sub></b> (as Pyridoxine HCl)	10 mg	500%
<b>Folate</b>	2083 mcg DFE (1250 mcg Folic Acid)	347%
<b>Vitamin B<sub>12</sub></b> (as Cyanocobalamin)	15 mcg	536%
<b>Pantothenic Acid</b>	5 mg	71%
<b>Iron</b> (as Ferronyl® Carbonyl)	50 mg	185%
<b>Magnesium</b> (as Magnesium Oxide)	15 mg	4%
<b>Zinc</b> (as Zinc Oxide)	10 mg	77%
<b>Copper</b> (as Copper Gluconate)	1 mg	77%

\*Equal to mg alpha-tocopherol

**Other Ingredients:** Microcrystalline Cellulose, Di Cal Phosphate, Croscarmellose Sodium, Pink Color Coating (Hydroxypropylmethyl Cellulose, Polyvinyl Alcohol, Titanium Dioxide, Polyethylene Glycol, Talc and FDC Red #40 Lake), Fumed Silica, Stearic Acid, Magnesium Stearate, Povidone K30, Acacia

### GLUTEN-, LACTOSE- AND SUGAR-FREE

OB Complete® 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® should not be used by patients with a known hypersensitivity to any of the listed ingredients.

**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.**

### PRECAUTIONS

Folic acid alone is an improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B<sub>12</sub> 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® caplets are 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® is pink, capsule shaped caplet imprinted with "VP010".

### DIRECTIONS FOR USE

Take one caplet by mouth daily or as directed by a physician.

### HOW SUPPLIED

OB Complete® is supplied in a unit dose pack of 100 (10x10) caplets.

**Product Code: 68025-010-10**

### STORAGE

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

### KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.

**For use on the order of a healthcare practitioner**

**Call your doctor about side effects. To report side effects, call Vertical Pharmaceuticals at 1-770-509-4500 or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

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