



Prenatal/Postnatal Multivitamin/Multimineral/DHA softgel Rx Only

DESCRIPTION: PreferaOB ONE™ is a prescription prenatal/postnatal multivitamin/multimineral nutritional supplement with Omega-3 fatty acid (*life'sDHA*™*). PreferaOB ONE™ is an oblong shaped, opaque purple colored softgel, imprinted "AP 86" in white ink on one side and plain on the other.

Each PreferaOB ONE™ Softgel contains:

Vitamin C (as ascorbic acid).....	25 mg
Vitamin D ₃ (as cholecalciferol).....	400 IU
Vitamin E (as dl-alpha tocopheryl acetate).....	10 IU
Vitamin B ₃ (niacin as niacinamide).....	17 mg
Vitamin B ₆ (as pyridoxine HCl).....	50 mg
Folic Acid.....	1 mg
Vitamin B ₁₂ (as cyanocobalamin).....	12 mcg
Biotin.....	30 mcg
Vitamin B ₅ (as d-calcium pantothenate).....	10 mg
Iron	
as PIC (polysaccharide iron complex).....	22 mg
as HIP (heme iron polypeptide as Proferrin®** -	
bovine source, USDA certified).....	6 mg
Iodine (as potassium iodide).....	175 mcg
Zinc (as zinc oxide).....	15 mg

Docosahexaenoic Acid (DHA) 200 mg
DHA is derived from the oils of microalgae, which is grown outside of the ocean, in a controlled environment, eliminating the risk of oceanic contamination.

Inactive Ingredients

Gelatin, soybean oil, yellow beeswax, and lecithin.

INDICATIONS AND USAGE

PreferaOB ONE™ is a prescription multivitamin/multimineral nutritional supplement with Omega-3 fatty acid (*life'sDHA*™) indicated for use in improving the nutritional status of women throughout pregnancy and in the postnatal period for both lactating and non-lactating mothers. PreferaOB ONE™ is also beneficial in improving the nutritional status of women prior to conception.

CONTRAINDICATIONS

This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

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 International Normalized Ratio (INR). Administration of Omega-3 fatty acids should be avoided in patients taking anticoagulants and in those known to have an inherited or acquired predisposition to bleeding diathesis.

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 when administered as a single agent in doses above 0.1 mg daily may obscure pernicious anemia in that hematological remission can occur while neurological manifestations remain progressive. Pregnant women and nursing mothers should avoid supplemental doses of vitamin E higher than RDA amounts. While prescribing this nutritional supplement for pregnant women, nursing mothers, or for women prior to conception, their medical condition and other drugs, herbs, and/or supplements consumption should be considered.

ADVERSE REACTIONS

Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

DOSAGE AND ADMINISTRATION

One softgel daily with or without food, or as prescribed by a licensed health care provider with prescribing authority.

HOW SUPPLIED

PreferaOB ONE™ is supplied in child-resistant blister packs of 30 softgels (NDC 68220-086-30) and as a Professional Sample (NDC 68220-086-25).

KEEP OUT OF REACH OF CHILDREN.

STORAGE

Store at controlled room temperature 20°-25°C (68°-77°F). Excursions permitted to 15°-30°C (59°-86°F). [See current USP]

To protect from light, dispense in carton provided. Once open, blisters should be stored in carton.

For medical inquiries call toll free 1-888-317-0001

www.PreferaOB.com

Manufactured for:



Alaven® Pharmaceutical LLC
Marietta, GA 30062

U.S. Patent No. 7,585,527

**life'sDHA*™ is a trademark of Martek Biosciences Corporation, Columbia, MD.

**Proferrin® is a registered trademark of Colorado Biolabs, Inc., Cozad, NE.

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