



## Prenatal/Postnatal Multivitamin/Multimineral PreferaOB® Tablets & life'sDHA™\* Softgels

Rx Only

**DESCRIPTION:** PreferaOB + DHA™ is a prescription prenatal/postnatal multivitamin/multimineral (*PreferaOB*®) and Omega-3 fatty acid (*life'sDHA*™) nutritional supplement. PreferaOB + DHA™ is: a small, oval, film-coated, purple tablet with black core, debossed and bisected with "AP/88" on one side, and plain on the other (*PreferaOB*®) and a clear essential fatty acid softgel containing an amber to light/dark orange semi-solid mixture (*life'sDHA*™).

**Each PreferaOB® tablet contains:**

### VITAMINS

D3 (as cholecalciferol) .....	400 IU
E (as d-alpha tocopheryl succinate).....	10 IU
B1 (as thiamin mononitrate).....	1.5 mg
B2 (as riboflavin) .....	1.6 mg
B3 (niacin as niacinamide).....	17 mg
B6 (as pyridoxine HCl).....	50 mg
Folic Acid .....	1 mg
B12 (as cyanocobalamin) .....	12 mcg
Biotin .....	30 mcg
B5 (as d-calcium pantothenate).....	10 mg

### MINERALS

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
Selenium (as sodium selenate).....	65 mcg
Copper (as cupric sulfate) .....	0.8 mg

**Inactive Ingredients:** Microcrystalline cellulose, croscarmellose sodium, crospovidone, magnesium stearate, silicon dioxide, dextran, dicalcium phosphate, sucrose, protease, modified food starch, dl-alpha tocopherol, sodium ascorbate, ethylcellulose, resin, coating (polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, D&C red no. 30 aluminum lake, FD&C blue no. 2 aluminum lake).

**Each life'sDHA™ Softgel contains:**

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 in the DHA softgel include: gelatin, glycerin USP, water.

**INDICATIONS AND USAGE:** PreferaOB + DHA™ is a prescription multivitamin/multimineral (*PreferaOB*®) and Omega-3 fatty acid (*life'sDHA*™) nutritional supplement 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 + DHA™ 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 0.1mg 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 tablet and one softgel daily with or without food, or as prescribed by a licensed health care provider with prescribing authority.

**HOW SUPPLIED:** PreferaOB + DHA™ is supplied in child-resistant blister packs of 30 tablets and 30 softgels (NDC 68220-089-30) and as a Professional Sample (NDC 68220-089-25).

**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](http://www.PreferaOB.com)

Manufactured for:

**ALAVEN**  
PHARMACEUTICAL, LLC

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.

PreferaOB® is a registered trademark and PreferaOB + DHA™ is a trademark of Alaven® Pharmaceutical LLC, Marietta, GA.

6-089-30-01-0909  
Ref CL089-0909-01