



## PlusOne™ Daily Prenatal Packs

### Targeted support from preconception through nursing\*

**Form:** Packets  
**Flavor:**  
**Size:** 30 Packets

PlusOne Daily Prenatal Packs provide comprehensive supplements to nutritionally support women, featuring vitamins, minerals, and phytonutrients, from preconception through nursing.\* This science-based combination features targeted nutrition in a convenient once-daily packet.

#### PlusOne Daily Prenatal Packs provide:

**Prenatal multivitamin support:** A science-based combination of vitamins and minerals, incorporating 1 mg of methylfolate (1,665 mcg DFE) and antioxidants (vitamins E, C, and beta-carotene from mixed carotenoids) that reflect the latest research in prenatal nutrition\*

**Cardiovascular health and general health support:** OmegaGenics EPA-DHA 720 and OmegaGenics Neuro 1000 feature high-quality omega-3 fatty acids

**Fetal brain development support:** Choline, an essential nutrient, is provided for additional support based on the latest research\*

**Free fatty acid metabolism support:** L-carnitine plays a role in metabolic health and is required for the breakdown of fats and glucose into energy\*

**General health support:** A select evidence-based combination of products featuring vitamins, minerals and nutrients to support general wellness\*

### % Daily Value for Adults and Children 4 or more Years of Age

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Packet	
Servings Per Container	30	
Calories	25	
Total Fat	3 g	4%*
Cholesterol	<5 mg	<2%
Vitamin A (from mixed carotenoids and retinyl palmitate)	1,650 mcg	183%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	250 mg	278%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (from mixed tocopherols and d-alpha tocopheryl succinate)	100.3 mg	669%
Vitamin K (as phytonadione USP)	90 mcg	75%
Thiamin (as thiamin mononitrate)	3.4 mg	283%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide ascorbate)	35 mg	219%
Vitamin B <sub>6</sub> (as pyridoxine HCl and pyridocal-5-phosphate)	20 mg	1,176%
Folate (as calcium L-5-methyltetrahydrofolate) <sup>†</sup>	1,665 mcg DF	416%
Vitamin B <sub>12</sub> (as methylcobalamin)	800 mcg	33,333%
Biotin	300 mcg	1,000%
Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%
Choline (as choline bitartrate)	450 mg	82%
Iron (as ferrous bis-glycinate)	30 mg	167%
Iodine (as potassium iodide)	176 mcg	117%
Zinc (as zinc citrate)	25 mg	167%
Selenium (as selenomethionine)	200 mcg	364%
Copper (as copper citrate)	2 mg	222%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium citrate)	200 mcg	571%
Molybdenum (as molybdenum aspartate complex)	25 mcg	56%
DHA (Docosahexaenoic acid)	1 g	**

EPA (Eicosapentaenoic acid)	670 mg	**
L-Carnitine (as L-carnitine L-tartrate)	500 mg	**
Lutein	6 mg	**
Zeaxanthin	2 mg	**

### % Daily Value for Pregnant & Lactating Women

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Packet	
Servings Per Container	30	
Calories	25	
Total Fat	3 g	4%*
Cholesterol	<5 mg	<2%
Vitamin A (from mixed carotenoids and retinyl palmitate)	1,650 mcg	127%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	250 mg	208%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	167%
Vitamin E (from mixed tocopherols and d-alpha tocopheryl succinate)	100.3 mg	528%

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Vitamin K (as phytonadione USP)	90 mcg	100%
Thiamin (as thiamin mononitrate)	3.4 mg	243%
Riboflavin	3.4 mg	213%
Niacin (as niacinamide ascorbate)	35 mg	194%
Vitamin B <sub>6</sub> (as pyridoxine HCl and pyridoxal-5-phosphate)	20 mg	1,000%
Folate (as calcium L-5-methyltetrahydrofolate) <sup>†</sup>	1,665 mcg DF	278%
Vitamin B <sub>12</sub> (as methylcobalamin)	800 mcg	28,571%
Biotin	300 mcg	857%
Pantothenic Acid (as D-calcium pantothenate)	20 mg	286%
Choline (as choline bitartrate)	450 mg	82%
Iron (as ferrous bis-glycinate)	30 mg	111%
Iodine (as potassium iodide)	176 mcg	61%
Zinc (as zinc citrate)	25 mg	192%
Selenium (as selenomethionine)	200 mcg	286%
Copper (as copper citrate)	2 mg	154%
Manganese (as manganese citrate)	1.2 mg	77%
Chromium (as chromium citrate)	200 mcg	444%
Molybdenum (as molybdenum aspartate complex)	25 mcg	50%
DHA (Docosahexaenoic acid)	1 g	**
EPA (Eicosapentaenoic acid)	670 mg	**
L-Carnitine (as L-carnitine L-tartrate)	500 mg	**
Lutein	6 mg	**
Zeaxanthin	2 mg	**

**PlusOne Prenatal Multi:**
**Other Ingredients:** Capsule

(hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

**L-Carnitine:**
**Other Ingredients:** Other Ingredients: Capsule

(hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

**Choline:**
**Other Ingredients:** Capsule

[hydroxypropylmethylcellulose, sodium copper chlorophyllin (color)], microcrystalline cellulose, magnesium stearate (vegetable), and silica.

**OmegaGenics Neuro 1000:**

**Ingredients:** Marine lipid concentrate (one or more of: anchovy, calamari, sardine, and mackerel oil), softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavors, rosemary extract, and mixed tocopherols and ascorbyl palmitate (antioxidants). **Contains: Fish (anchovy, sardine, and mackerel).**

**OmegaGenics EPA-DHA 720:**

**Ingredients:** Marine lipid concentrate [fish (sardine, anchovy, and mackerel) oil], softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavor, natural lime flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (sardine, anchovy, and mackerel).**

**Each packet contains:** 2 PlusOne Prenatal Multi capsules (light brown with speckles), 1 L-Carnitine capsule (white), 2 Choline capsules (green), 1 OmegaGenics EPA-DHA 720 softgel (yellow), and 1 OmegaGenics EPA-DHA Neuro 1000 softgel (yellow, etched).

**Directions:** Take one packet daily or as directed by your healthcare practitioner.

**Warning:** Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl palmitate) per day.

**Caution:** Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications.

**Storage:** Keep in a cool, dry place.

**Products included are non-GMO and gluten-free.**

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

<sup>†</sup>As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.