



Rx Only

**DESCRIPTION:** PRENATE ESSENTIAL<sup>®</sup> is a prescription prenatal/postnatal multivitamin/mineral/essential fatty acid softgel. Each softgel is green in color, opaque, and imprinted with "Prenate" on one side and blank on the other.

## Supplement Facts

Serving Size: 1 Softgel

Amount per Serving:		% Daily Value	% Daily Value for Lactating Women
Vitamin C (as ascorbic acid)	90 mg	150%	150%
Vitamin D <sub>3</sub> (as cholecalciferol)	220 IU	55%	55%
Vitamin E (as dl-alpha tocopherol)	10 IU	33%	33%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	26 mg	1300%	1040%
Folate (as 1.1 mg Quatrefolic <sup>®</sup> ((6S)-5-methyltetrahydrofolate glucosamine salt* CAS 1181972-37-1) molar equivalent to 600 mcg of Folic Acid) (folic acid, USP 400 mcg)	1 mg	250%	125%
Vitamin B <sub>12</sub> (as cyanocobalamin)	13 mcg	217%	163%
Biotin	280 mcg	93%	93%
Calcium (as calcium carbonate)	145 mg	15%	11%
Iron (as ferrous fumarate)	29 mg	161%	161%
Iodine (as potassium iodide)	150 mcg	100%	100%
Magnesium (as magnesium oxide)	50 mg	13%	11%
Docosahexaenoic Acid (DHA)	300 mg	†	†
Eicosapentaenoic Acid (EPA)	40 mg	†	†

† Daily Value (DV) not established.

PRENATE ESSENTIAL<sup>®</sup> contains fish oil and soy.

**OTHER INGREDIENTS:** bee's wax, hydrogenated vegetable oil, soy lecithin, gelatin, glycerin, purified water, titanium dioxide, FD&C Yellow #5 and FD&C Blue #1 and FD&C Yellow #6.

**INDICATIONS:** PRENATE ESSENTIAL<sup>®</sup> is a multivitamin/multimineral fatty acid dietary supplement indicated for use in improving the nutritional status of women throughout pregnancy and in the postnatal period for both lactating and nonlactating mothers. PRENATE ESSENTIAL<sup>®</sup> can also be beneficial in improving the nutritional status of women prior to conception.

**CONTRAINDICATIONS:** PRENATE ESSENTIAL<sup>®</sup> 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 (such as DHA) 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.

**PRECAUTIONS:** Folic acid alone is 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 neurological manifestations progress.

**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.

**ADVERSE REACTIONS:** Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

**DOSAGE AND ADMINISTRATION:** Before, during and/or after pregnancy, one softgel daily or as directed by a physician.

**HOW SUPPLIED:** Unit-dose packs of 30 softgels. (75854-303-30).

The listed product number is not a National Drug Code, but has instead merely been formatted to comply with standard industry practice for pharmacy and insurance computer systems.

Store at 20° - 25°C (68° - 77°F); excursions permitted to 15° - 30°C (59° - 86°F) [See USP Controlled Room Temperature.]

**MANUFACTURED FOR:** Avion Pharmaceuticals, LLC  
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1-888-61-AVION  
\*Quatrefolic<sup>®</sup> is a registered trademark of Gnosis, SpA.  
Covered by one or more claims of U.S. Patent # 7,947,662  
CAS# 1181972-37-1

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To learn more about your pregnancy, go to [www.PrenatePERL.com](http://www.PrenatePERL.com)