

PRESCRIBING INFORMATION

Supplement Facts		
Serving Size: 1 Softgel		
Servings per Box:30		
Amount per Serving	% DV for Pregnant and Lactating Women	
Vitamin C (Calcium Ascorbate)	70 mg	117%
Vitamin D ₃ (Cholecalciferol)	1,200 IU	300%
Vitamin E (d-Alpha Tocopherol)	30 IU	100%
Vitamin B ₁ (Thiamine Mononitrate)	2 mg	118%
Vitamin B ₂ (Riboflavin)	4 mg	200%
Vitamin B ₃ (Niacinamide)	10 mg	50%
Vitamin B ₆ (Pyridoxine HCl)	30 mg	1200%
Folate (Folic Acid)	1 mg	125%
Vitamin B ₁₂ (Cyanocobalamin)	50 mcg	625%
Biotin	200 mcg	67%
Calcium Threonate	5 mg	<1%
Calcium (as Dima-Cal [®] Di-Calcium Malate)*	25 mg	2%
Calcium (Calcium Carbonate)	25 mg	2%
Ferronyl [®] Carbonyl Iron (Elemental Iron)	40 mg	222%
Iron (Sumalate [®] ** Ferrous Asparto Glycinate)	10 mg	56%
Iodine (Potassium Iodide)	150 mcg	100%
Magnesium (Magnesium Oxide)	25 mg	6%
Zinc (Zinc Oxide)	15 mg	100%
Copper (Cupric Sulfate)	1 mg	50%
Purified Fish Oil	476 mg	†
DHA	300 mg	†
Other Omegas (as EPA)	40 mg	†
† Daily Value not established		

Other Ingredients

Gelatin, Glycerin, Yellow Bees Wax, Purified Water, Lecithin, Soybean Oil, Natural Cream Orange Flavor, Titanium Dioxide, Ethyl Vanillin, FD&C Red #40, FD&C Blue #1.

Manufactured for:

VERTICAL PHARMACEUTICALS, LLC
 Bridgewater, NJ 08807

GLUTEN, LACTOSE AND SUGAR-FREE

THIS PRODUCT CONTAINS SOYBEAN OIL AND FISH OIL

OB Complete[®] One is a professionally prescribed 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[®] One should not be used by patients with a known hypersensitivity to any of the listed ingredients including fish and fish oils.

PRECAUTIONS

Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ 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. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

DRUG INTERACTIONS

OB Complete[®] One softgels are not recommended for and should not be given to patients receiving levodopa because the action of levodopa is antagonized by pyridoxine.

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.

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.

DESCRIPTION

OB Complete[®] One is an oblong-shaped purple softgel, imprinted "VP044".

DIRECTIONS FOR USE

One softgel daily or as directed by a physician.

HOW SUPPLIED

OB Complete[®] One is available in a carton unit dose pack of 30 (3 child resistant blister cards of 10 softgels per card.)

Product Code: **68025-044-30**

STORAGE

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

KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.

**Sumalate[®] (Ferrous Asparto Glycinate) is a registered trademark of Albion International, Inc., Clearfield, Utah and is covered by the following patents: U.S. Pat. No. 6,716,814; U.S. Pat. No. 8,007,846 and U.S. Pat. No. 8,425,956.

*DimaCal is a registered trademark of Albion International, Inc
 *Malates covered by U.S. Patent No. 6,706,904
 Chelate covered by U.S. Patent No. 7,838,042 and patents pending

Rx For Maternal Health

For use on the order of a healthcare practitioner

Call your doctor about side effects. You may report side effects by calling: 1-877-95-VERTI (1-877-958-3784).

Customer Service: 1-866-600-4799

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