

Essential Once-Daily Prenatal*

Zahler Total One Prenatal™ is an all-inclusive prenatal supplement which provides the required nutrients necessary for mother and baby during this critical stage.*

You may need additional supplements to support a healthy diet; consult your nutritionist for a formula that is right for you or contact us at 877-ASK-ZAHLER (877-275-9245) or ask@zahlers.com.

KEEP OUT OF REACH OF CHILDREN.
Do not use if safety seal is damaged or missing.
If pregnant, nursing or on medication, consult with your healthcare practitioner.

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

*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.

KOSHER
PAREVE



UNDER THE STRICT
SUPERVISION OF
RABBI SH. STERN &
THE ORTHODOX
UNION



Non-GMO
SOY FREE
GLUTEN FREE
DAIRY FREE



advanced
nutrition by

ZAHLER®

Total One Prenatal™

Essential **Once-Daily** Prenatal

All-in-One Prenatal Supplement*



WOMEN'S
HEALTH



Dietary
Supplement
120 Capsules

Feel Better,
Everyday™

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

Amount Per Serving		%DV
for pregnant and lactating women		
Vitamin A (as Beta Carotene) (3500 IU)	525 mcg	40%
Vitamin C (as Ascorbic Acid)	100 mg	83%
Vitamin D3 (Cholecalciferol) (1000 IU)	25 mcg	167%
Vitamin E (as D-Alpha Tocopheryl Succinate) (45 IU)	30.15 mg	159%
Thiamin (as Thiamine HCl)	2.25 mg	161%
Riboflavin	2.5 mg	156%
Niacin (as Niacinamide)	20 mg	111%
Vitamin B6 (as Pyridoxine HCl)	5 mg	250%
Folate	1,333.33 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B12 (as Methylcobalamin)	15 mcg	536%
Biotin	300 mcg	857%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	143%
Calcium (as Calcium Carbonate & as Calcium Citrate)	25 mg	2%
Iron (as Iron Chelate)	30 mg	111%
Iodine (from Kelp)	75 mcg	26%
Magnesium (as Magnesium Amino Acid Chelate)	12.5 mg	3%
Zinc (as Zinc Amino Acid Chelate)	15 mg	115%
Selenium (as L-Selenomethionine)	15 mcg	21%
Copper (as Copper Oxide)	1.5 mg	115%
Manganese (as Manganese Amino Acid Chelate)	1 mg	38%
Chromium (as Chromium Picolinate)	25 mcg	56%
Potassium (as Potassium Amino Acid Chelate)	3 mg	<1%

Directions:

Take 1 capsule daily with food, or as directed by a healthcare practitioner.

Other Ingredients:

Hypromellose (Capsule),
Dicalcium Phosphate,
Ascorbyl Palmitate,
Silicon Dioxide

Distributed By:
Advanced Nutrition by Zahler®
Brooklyn, NY 11230
www.zahlers.com

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STORE TIGHTLY CLOSED
IN A COOL, DRY PLACE.

