

## OB COMPLETE® ONE PRESCRIBING INFORMATION

# Supplement Facts

Serving Size: 1 Softgel Capsule  
Servings Per Container: 30

	Amount per Serving	% DV for Pregnant and Lactating Women
Calories	5	
Total Fat	0.5 g	<1% <sup>‡</sup>
Vitamin C (as Calcium Ascorbate)	70 mg	58%
Vitamin D (as Cholecalciferol)	30 mcg (1,200 IU)	200%
Vitamin E (as d-Alpha Tocopherol)	20 mg* (30 IU)	105%
Thiamin (as Thiamine Mononitrate)	2 mg	143%
Riboflavin	4 mg	250%
Niacin (as Niacinamide)	10 mg NE	56%
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	30 mg	1500%
Folate	1667 mcg DFE (Folic Acid 1000 mcg)	278%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	50 mcg	1786%
Biotin	200 mcg	571%
Calcium (as Calcium Carbonate, Dima-Cal Di-Calcium Malate**, and Calcium Threonate)	55 mg	4%
Iron (as Ferronyl <sup>®</sup> Carbonyl Iron 40 mg and Sumalate <sup>®***</sup> Ferrous Asparto Glycinate 10 mg)	50 mg	185%
Iodine (as Potassium Iodide)	150 mcg	52%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Oxide)	15 mg	115%
Copper (as Cupric Sulfate)	1 mg	77%
Purified Fish Oil	476 mg	†
DHA (Docosahexaenoic Acid)	300 mg	†
EPA (Eicosapentaenoic Acid)	40 mg	†

\* Equal to mg alpha-tocopherol

† Daily Value (DV) not established

‡ Percent Daily Values (DV) are based on a 2,000 calorie diet

**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.

### CONTAINS: SOY AND FISH (TUNA)

### GLUTEN-, LACTOSE- AND SUGAR-FREE

OB Complete® One is a prescription 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 soy and fish oil.

**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 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 neurologic manifestations remain progressive. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

Biotin levels higher than the recommended daily allowance may cause interference with some laboratory tests, including cardiovascular diagnostic tests (e.g. troponin) and hormone tests, and may lead to incorrect test results. Tell your healthcare provider about all prescription and over-the-counter medicines, vitamins, and dietary supplements that you take, including biotin.

The patient's medical conditions and consumption of other drugs, herbs, and/or supplements should be considered.

### 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. There is a possibility of increased bleeding due to pyridoxine interaction with anticoagulants (e.g., Aspirin, Heparin, Clopidogrel).

### 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.

### DESCRIPTION

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

### DIRECTIONS FOR USE

One softgel by mouth daily or as directed by a physician.

### HOW SUPPLIED

OB Complete® One is supplied in a carton of 30 capsules, packaged in 3 child resistant unit-dose 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.

\*\*DimaCal is a registered trademark of Albion International, Inc. Malates covered by U.S. Patent No. 6,706,904.

\*\*\*Sumalate® (Ferrous Asparto Glycinate) is a registered trademark of Albion International, Inc. 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.

### For use on the order of a healthcare practitioner.

**Call your doctor about side effects. To report side effects, call Vertical Pharmaceuticals at 1-877-95-VERTI (1-877-958-3784) or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

**Customer Service: 1-866-600-4799**

**Rev. 09/2018**

**Distributed by:**  
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Bridgewater, NJ 08807

