

# Supplement Facts

Serving Size 4 Gummies

Servings Per Container 30

Amount Per 4 Gummy Serving	% Daily Value	
Calories	40	
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	9 g	3%†
Sugars	6 g	**
Vitamin A (as 50% beta-carotene, 50% retinyl palmitate USP)	2000 IU	40%
Vitamin C (as ascorbic acid USP)	60 mg	100%
Vitamin D (vitamin D-3 as cholecalciferol USP)	1000 IU	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	30 IU	100%
Vitamin K (vitamin K-2 as menaquinone-7)	80 mcg	100%
Thiamin (vitamin B-1 as benfotiamine USP)	0.15 mg	10%
Niacin (vitamin B-3 as inositol niacinate USP)	4 mg	20%
Vitamin B-6 (as pyridoxine hydrochloride USP)	5 mg	250%
Folate (as L-methylfolate, calcium salt)	240 mcg	60%
Vitamin B-12 (as methylcobalamin)	90 mcg	1500%
Biotin USP	150 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	2 mg	20%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	7.5 mg	50%
Sodium	20 mg	< 1%
Fish Oil	400 mg	**
Omega-3 Fatty Acids	147 mg	
EPA (Eicosapentaenoic Acid)	66 mg	
DHA (Docosahexaenoic Acid)	44 mg	
Inositol (from inositol niacinate USP)	1.1 mg	**
Lutein	10 mg	**
Zeaxanthin	2 mg	**
Coenzyme Q10 (as ubiquinone USP)	60 mg	**

† Percent Daily Value based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Gelatin, Citric Acid, Natural Flavors, Colored with Organic Black Carrot Juice Concentrate, Medium Chain Triglycerides from Coconut Oil, Carnauba Wax.