

# Supplement Facts

Serving Size 4 Gummies

Servings Per Container 30

Amount Per 4 Gummy Serving	% Daily Value	
Calories	35	
Total Carbohydrate	8 g	3%†
Sugars	5 g	**
Includes 5 g Added Sugars		11%†
Vitamin A (as 50% beta-carotene, 50% retinyl palmitate USP)	450 mcg	50%
Vitamin C (as ascorbic acid USP)	90 mg	100%
Vitamin D (as cholecalciferol USP)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	15 mg	100%
Thiamin (as thiamine mononitrate USP)	0.12 mg	10%
Riboflavin USP	0.13 mg	10%
Niacin (Vitamin B-3 as inositol niacinate)	16 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride USP)	3.4 mg	200%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE 240 mcg L-methylfolate	100%
Vitamin B-12 (as methylcobalamin)	4.8 mcg	200%
Biotin USP	30 mcg	100%
Pantothenic acid (as calcium D-pantothenate USP)	5 mg	100%
Choline (as choline bitartrate)	22 mg	4%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	11 mg	100%
Selenium (as sodium selenite)	27.5 mcg	50%
Manganese (as manganese amino acid chelate)	1.15 mg	50%
Chromium (as chromium picolinate)	17.5 mcg	50%
Molybdenum (as molybdenum amino acid complex)	22.5 mcg	50%
Sodium	15 mg	< 1%
Fish Oil	300 mg	**
Total Omega-3 Fatty Acids	111 mg	**
EPA (Eicosapentaenoic Acid)	33 mg	**
DHA (Docosahexaenoic Acid)	22 mg	**
Lutein (from marigold)	6 mg	**
Zeaxanthin (from marigold)	1 mg	**
Inositol (as inositol niacinate)	4 mg	**

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

\*\* Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Pectin, Citric Acid, Gelatin, Natural Flavors, Colored with Organic Black Carrot Juice Concentrate.