

Supplement Facts

Serving Size 6 Gummies
Servings Per Container 30

Amount Per 6 Gummy Serving	% Daily Value	
Calories	50	
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	11 g	4%†
Sugars	8 g	**
Vitamin A (as retinyl palmitate USP)	1500 IU	30%
Vitamin C (as ascorbic acid USP)	60 mg	100%
Vitamin D (as cholecalciferol USP)	900 IU	225%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	30 IU	100%
Thiamin (as thiamine mononitrate USP)	0.08 mg	5%
Riboflavin USP	0.26 mg	15%
Vitamin B-6 (as pyridoxine hydrochloride USP)	2 mg	100%
Folate (as L-methylfolate, calcium salt)	400 mcg	100%
Vitamin B-12 (as methylcobalamin)	100 mcg	1667%
Biotin USP	45 mcg	15%
Pantothenic acid (as calcium D-pantothenate USP)	1.5 mg	15%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	4.5 mg	30%
Sodium	25 mg	1%
Fish Oil	510 mg	**
Total Omega-3 Fatty Acids (typical values)	150 mg	**
EPA (Eicosapenteanoic Acid)	84 mg	**
DHA (Docosahexaenoic Acid)	66 mg	**
Choline (as choline citrate)	18 mg	**
Inositol FCC	30 mcg	**

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

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Gelatin, Pectin, Citric Acid, Natural Flavors (Orange, Lemon, Strawberry Banana) and Natural Colors Added (Annatto, Organic Turmeric, Organic Black Carrot Juice Concentrate).
Essential Omega 3 Oils from Sustainable Fisheries