

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	7 g	**
Vitamin A (as retinyl palmitate USP)	1500 IU	30%
Vitamin C (as ascorbic acid USP)	60 mg	100%
Vitamin D (as cholecalciferol USP)	1200 IU	300%
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%
Niacin (as niacinamide USP)	4 mg	20%
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)	15 mg	100%
Selenium (as sodium selenite)	14 mcg	20%
Sodium	25 mg	1%
Fish Oil (from anchovy and sardine)	510 mg	**
Total Omega-3 Fatty Acids (typical values)	162 mg	**
EPA (Eicosapentaenoic Acid)	72 mg	**
DHA (Docosahexaenoic Acid)	54 mg	**
Lycopene	8 mg	**
Choline (as choline bitartrate USP)	18 mg	**
Inositol FCC	30 mcg	**
CoQ10 (as Coenzyme Q10, ubiquinone USP)	120 mg	**

† 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 (Lemon Crème, Blackberry, Blueberry), Natural Colors Added (Organic Turmeric, Organic Black Carrot Juice Concentrate, Maqui Berry), Medium Chain Triglycerides From Coconut Oil and Carnauba Wax.
Essential Omega 3 Oils from Sustainable Fisheries