

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)	1000 IU	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	30 IU	100%
Vitamin K (as menaquinone-7)	32 mcg	40%
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	300 mcg	100%
Pantothenic acid (as calcium D-pantothenate USP)	10 mg	100%
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	**
Omega-3 Fatty Acids (typical values)	138 mg	**
EPA (eicosapentaenoic acid)	72 mg	**
DHA (docosahexaenoic acid)	54 mg	**
CoQ10 (as Coenzyme Q10, ubiquinone USP)	100 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 Crème, Blueberry), Natural Colors Added (Annatto, Organic Turmeric, Organic Black Carrot Juice Concentrate), Medium Chain Triglycerides From Coconut Oil and Carnuba Wax. Essential Omega 3 Oils from Sustainable Fisheries