

Directions: For pregnant women or lactating women, take four (4) gummies daily. May be taken with or without food.

Supplement Facts

Serving Size 4 Gummies
Servings Per Container 30

Amount Per 4 Gummy Serving	% Daily Value Preg Women & Lact Women	
Calories	50	
Total Carbohydrate	11 g	4%
Sugars	7 g	**
Includes 7 g Added Sugars		15%
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	520 mcg	40%
Vitamin C (as organic acerola cherry extract)	48 mg	40%
Vitamin D (D-3 as cholecalciferol USP)	30 mcg (1200 IU)	200%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	14.3 mg	75%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.14 mg	10%
Riboflavin USP (Vitamin B-2)	0.16 mg	10%
Niacin (Vitamin B-3 as inositol niacinate USP)	18 mg	100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	100%
Folate (as L-methylfolate, calcium salt)	600 mcg DFE 360 mcg L-methylfolate	100%
Vitamin B-12 (as methylcobalamin)	3.5 mcg	125%
Biotin USP	17.5 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	7 mg	100%
Choline (as choline bitartrate USP)	11 mg	2%
Iodine (as potassium iodide USP)	290 mcg	100%
Zinc (as zinc citrate USP)	3.9 mg	30%
Selenium (as sodium selenite)	14 mcg	20%
Sodium	25 mg	1%
Organic Flax Seed Oil	341 mg	**
Omega-3 (α-Linolenic Acid)	171 mg	**
Omega-6 (Linoleic Acid)	43 mg	**
Omega-9 (Oleic Acid)	55 mg	**
Vitamin K-2 (menaquinone-7)	18 mcg	**
Inositol (from inositol nicacinate)	5 mg	**
<i>Bacillus subtilis</i> (organic maltodextrin ≥70%, DE111®) 1 Billion CFU	10 mg	**

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

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Organic Lemon Concentrate, Pectin, Organic Natural Flavors, Colors Added (Organic Black Carrot Concentrate, Organic Maqui Berry Concentrate), Sodium Citrate, Citric Acid, Organic Sunflower Oil, Corn Starch, Organic Carnauba Wax.