

Directions: For children 4 years of age and older, take four (4) gummies daily. May be taken with or without food. Chew each gummy thoroughly.

Supplement Facts

Serving Size 4 Gummies
Servings Per Container 30

Amount Per 4 Gummy Serving	% Daily Value	
Calories	30	
Total Carbohydrate	6 g	2%†
Sugars	4 g	**
Includes 4 g Added Sugars		9%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	180 mcg	20%
Vitamin C (as organic acerola cherry extract)	25 mg	28%
Vitamin D (as cholecalciferol USP)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	6.6 mg	44%
Thiamin (as thiamine mononitrate USP)	0.1 mg	8%
Riboflavin USP	0.16 mg	12%
Vitamin B-6 (as pyridoxal 5-phosphate)	1 mg	59%
Folate (as L-methylfolate, calcium salt)	250 mcg DFE 150 mcg L-methylfolate	63%
Vitamin B-12 (as methylcobalamin)	1.8 mcg	75%
Biotin USP	16 mcg	53%
Pantothenic acid (as calcium D-pantothenate USP)	0.5 mg	10%
Choline (as choline bitartrate USP)	18 mg	3%
Iodine (as potassium iodide USP)	90 mcg	60%
Zinc (as zinc citrate USP)	1.5 mg	14%
Sodium	5 mg	0%
Organic Flax Seed Oil	256 mg	**
Omega-3 (α -Linolenic Acid)	134 mg	**
Omega-6 (Linoleic Acid)	39 mg	**
Omega-9 (Oleic Acid)	41 mg	**
Vitamin K-2 (as menaquinone-7)	15 mcg	**
<i>Bacillus subtilis</i> (organic maltodextrin \geq 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, Pectin, Organic Natural Flavors, Colors Added (Organic Black Carrot Concentrate, Organic Maqui Berry Concentrate), Organic Lemon Concentrate, Citric Acid, Sodium Citrate, Organic Sunflower Oil, Corn Starch, Organic Carnauba Wax.