

# Supplement Facts

Serving Size 6 Gummies  
Servings Per Container 30

Amount Per 6 Gummy Serving	% Daily Value	
Calories	40	
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	11 g	4%†
Dietary Fiber	6 g	23%†
Soluble Fiber	6 g	**
Sugars	3 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)	185 mg	**
EPA (Eicosapentanoic 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:** Inulin (Chicory Root Fiber), Gelatin, Pectin, Citric Acid, Natural Flavors (Orange, Lemon, Strawberry Banana), Natural Colors Added (Annatto, Organic Turmeric, Organic Black Carrot Juice Concentrate), Medium Chain Triglycerides From Coconut Oil, Carnuba Wax and Lo Han Fruit Extract.  
Essential Omega 3 Oils from Sustainable Fisheries