

Supplement Facts

Serving Size 4 Gummies
Servings Per Container 30

Amount Per 4 Gummy Serving		% Daily Value	
		3 Years of Age	4 Years and Older
Calories	25		
Total Carbohydrate	7 g	**	2%†
Dietary Fiber	4 g	**	16%†
Soluble Fiber	4 g	**	**
Sugars	2 g	**	**
Vitamin A (as retinyl palmitate USP)	1000 IU	40%	20%
Vitamin C (as ascorbic acid USP)	40 mg	100%	67%
Vitamin D (as cholecalciferol USP)	600 IU	150%	150%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	20 IU	200%	67%
Thiamin (as thiamine mononitrate USP)	0.05 mg	7%	3%
Riboflavin	0.17 mg	21%	10%
Vitamin B-6 (as pyridoxine hydrochloride USP)	1.33 mg	190%	67%
Folate (as L-methylfolate, calcium salt)	267 mcg	134%	67%
Vitamin B-12 (as methylcobalamin)	67 mcg	2233%	1117%
Biotin USP	30 mcg	20%	10%
Pantothenic acid (as calcium D-pantothenate USP)	1 mg	20%	10%
Iodine (as potassium iodide USP)	100 mcg	143%	67%
Zinc (as zinc citrate USP)	3 mg	38%	20%
Sodium	20 mg	**	< 1%
Fish Oil	340 mg	**	**
Total Omega-3 Fatty Acids (typical values)	125 mg	**	**
EPA (Eicosapentanoic Acid)	56 mg	**	**
DHA (Docosahexaenoic Acid)	44 mg	**	**
Choline (as choline citrate)	12 mg	**	**
Inositol FCC	20 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, Carnauba Wax and Lo Han Fruit Extract.

Essential Omega 3 Oils from Sustainable Fisheries