

# Supplement Facts

Serving Size 6 Gummies  
Servings Per Container 30

Amount Per 6 Gummy Serving		% Daily Value
		Pregnant & Lact Women
Calories	50	
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	11 g	4%†
Sugars	7 g	**
Vitamin A (as retinyl palmitate USP)	3000 IU	38%
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)	16 mcg	**
Thiamin (as thiamine mononitrate USP)	0.08 mg	4%
Riboflavin USP	0.17 mg	9%
Niacin (as niacinamide USP)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride USP)	2.5 mg	100%
Folate (as L-methylfolate, calcium salt)	800 mcg	100%
Vitamin B-12 (as methylcobalamin)	10 mcg	125%
Biotin USP	30 mcg	10%
Pantothenic acid (as calcium D-pantothenate USP)	10 mg	100%
Iron	0 mg	0%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	6.5 mg	43%
Sodium	25 mg	**
Fish Oil	455 mg	**
Total Omega-3 Fatty Acids (typical values)	132 mg	**
EPA (eicosapentaenoic acid)	66 mg	**
DHA (docosahexaenoic acid)	48 mg	**
Choline (as choline citrate)	12 mg	**

† 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, Strawberry Banana), 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