

# Supplement Facts

**Serving Size: 6 Gummies**

**Servings Per Container: 30**

	Amount Per Serving (6 Gummies)	% Daily Value for Adults & Children 4 Years of Age & Older
<b>Calories</b>	<b>50</b>	
<b>Total Carbohydrate</b>	<b>11 g</b>	<b>4% †</b>
Sugars	8 g	**
<b>Vitamin A (as palmitate)</b>	<b>1660 IU</b>	<b>33%</b>
<b>Vitamin C (as ascorbic acid)</b>	<b>60 mg</b>	<b>100%</b>
<b>Vitamin D (as cholecalciferol)</b>	<b>900 IU</b>	<b>225%</b>
<b>Vitamin E (as mixed tocopherols)</b>	<b>30 IU</b>	<b>100%</b>
<b>Thiamin (as thiamin mononitrate)</b>	<b>0.075 mg</b>	<b>5%</b>
<b>Vitamin B-6 (as pyridoxine HCl)</b>	<b>2 mg</b>	<b>100%</b>
<b>Folic acid</b>	<b>400 mcg</b>	<b>100%</b>
<b>Vitamin B-12 (as methylcobalamin)</b>	<b>100 mcg</b>	<b>1667%</b>
<b>Pantothenic acid (as D-calcium pantothenate)</b>	<b>0.02 mg</b>	<b>&lt; 1%</b>
<b>Iodine (as potassium iodide)</b>	<b>150 mcg</b>	<b>100%</b>
<b>Zinc (as zinc citrate)</b>	<b>6.5 mg</b>	<b>43%</b>
<b>Fish Oil (Anchovy and Sardine)</b>	<b>455 mg</b>	<b>**</b>
EPA (Eicosapentaenoic Acid)	85 mg	**
DHA (Docosahexaenoic Acid)	43 mg	**
Total Omega-3 Fatty Acids	153 mg	**
<b>Choline (as choline dihydrogen citrate)</b>	<b>17.5 mg</b>	<b>**</b>
<b>Inositol</b>	<b>30 mcg</b>	<b>**</b>

† 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, Colors from Natural Sources (Black Carrot Juice concentrate, Annatto and Turmeric).

Contains Fish oil (from Anchovy and Sardine) Sustainable Essential Omega 3 oils are derived from these sources. Do not consume if you have a know Fish Allergy.

**Free of yeast, wheat, milk, eggs, gluten, peanuts, shellfish, artificial colors, artificial flavors, artificial preservatives and salicylates.**