

# ADULT FORMULA

## 180 GUMMIES

**Directions:** For adults, take six (6) gummies daily. May be taken with or without food.

# Supplement Facts

Serving Size 6 Gummies  
Servings Per Container 30

Amount Per 6 Gummy Serving	% Daily Value	
Calories	50	
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	11 g	4%†
Sugars	8 g	**
Includes 8 g Added Sugars		15%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	270 mcg	30%
Vitamin C (as ascorbic acid USP)	68 mg	75%
Vitamin D (D-3 as cholecalciferol USP)	30 mcg (1200 IU)	150%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	9.9 mg	66%
Vitamin K (K-1 as phylloquinone)	18 mcg	15%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.15 mg	13%
Riboflavin USP (Vitamin B-2)	0.24 mg	18%
Vitamin B-6 (as pyridoxal 5-phosphate)	1.5 mg	88%
Folate (as L-methylfolate, calcium salt)	375 mcg DFE 225 mcg L-methylfolate	94%
Vitamin B-12 (as methylcobalamin)	2.7 mcg	113%
Biotin USP	24 mcg	80%
Pantothenic acid (as calcium D-pantothenate USP)	0.56 mg	11%
Choline (as choline bitartrate)	18 mg	3%
Iodine (as potassium iodide USP)	135 mcg	90%
Zinc (as zinc citrate)	2.4 mg	22%
Sodium	25 mg	1%
Fish Oil	510 mg	**
Total Omega-3 Fatty Acids	150 mg	**
EPA (Eicosapentaenoic Acid)	84 mg	**
DHA (Docosahexaenoic Acid)	66 mg	**
Inositol FCC	3 mg	**
Vitamin K-2 (as menaquinone-7 FCC)	12 mcg	**

† 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 Added (Organic Black Carrot Juice Concentrate, Organic Turmeric).

**Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only**