

PRENATAL FORMULA

120 GUMMIES

Directions: Adults take four (4) gummies daily, with or without food. May be taken all at the same time or split throughout the day as desired.

Supplement Facts

Serving Size 4 Gummies
Servings Per Container 30

Amount per 4 Gummy Serving	% Daily Value Preg Women & Lact Women	
Calories	40	
Cholesterol	< 5 mg	<1%
Total Carbohydrate	9 g	3%†
Sugars	6 g	**
Includes 6 g Added Sugars		12%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	520 mcg	40%
Vitamin C (as ascorbic acid USP)	48 mg	40%
Vitamin D (D-3 as cholecalciferol USP)	30 mcg (1200 IU)	200%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	14.3 mg	75%
Vitamin K (K-1 as phylloquinone)	24 mcg	27%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.14 mg	10%
Riboflavin (Vitamin B-2)	0.16 mg	10%
Niacin (Vitamin B-3 as inositol niacinate)	18 mg	100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	100%
Folate (as L-methylfolate, calcium salt)	600 mcg DFE (360 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	4.7 mcg	168%
Biotin USP	17.5 mcg	50%
Choline (as choline bitartrate)	55 mg	10%
Iodine (as potassium iodide USP)	290 mcg	100%
Zinc (as zinc citrate USP)	3.9 mg	30%
Selenium (as sodium selenite)	14 mcg	20%
Sodium	25 mg	1%
Fish Oil	455 mg	**
Total Omega-3 Fatty Acids	132 mg	**
EPA and DHA	114 mg	**
Inositol (as inositol niacinate)	5 mg	**
Vitamin K-2 (as menaquinone-7 FCC)	16 mcg	**

† Percent Daily Value based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Organic Tapioca Syrup, Organic Cane Sugar, Gelatin, Pectin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate, Organic Turmeric), Organic Sunflower Oil, Organic Carnauba Wax.

Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only