

ORGANIC PRENATAL FORMULA

120 GUMMIES

Directions: For pregnant or lactating women, take four (4) gummies daily. May be taken with or without food.

Supplement Facts		
Serving Size 4 Gummies		
Servings Per Container 30		
Amount Per 4 Gummy Serving		% Daily Value Preg Women & Lact Women
Calories	45	
Total Carbohydrate	10 g	4%†
Sugars	7 g	**
Includes 7 g Added Sugars		14% †
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	520 mcg	40%
Vitamin C (as organic acerola cherry extract)	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%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.14 mg	10%
Riboflavin (Vitamin B-2 USP)	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)	3.5 mcg	125%
Biotin USP	17.5 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	7 mg	100%
Choline (as choline bitartrate USP)	11 mg	2%
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	20 mg	1%
Organic Flax Seed Oil	341 mg	**
Omega-3 (α-Linolenic Acid)	171 mg	**
Omega-9 (Oleic Acid)	55 mg	**
Vitamin K-2 (as menaquinone-7 USP)	18 mcg	**
Inositol (from inositol niacinate)	5 mg	**

† Percent Daily Value based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Organic Tapioca Syrup, Organic Cane Sugar, Pectin, Organic Lemon Concentrate, Sodium Citrate, Organic Natural Flavors, Colors Added (Organic Maqui Berry, Organic Black Carrot Juice Concentrate), Organic Sunflower Oil, Organic Carnauba Wax.