

ORGANIC WOMEN'S FORMULA

120 GUMMIES

Directions: For adult 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	
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)	270 mcg	30%
Vitamin C (as organic acerola cherry extract)	45 mg	50%
Vitamin D (D-3 as cholecalciferol USP)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	12 mg	80%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.11 mg	9%
Riboflavin (Vitamin B-2 USP)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	3.2 mg	20%
Vitamin B-6 (as pyridoxal 5-phosphate)	1.5 mg	88%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE 240 mcg L-methylfolate	100%
Vitamin B-12 (as methylcobalamin)	3 mcg	125%
Biotin USP	30.0 mcg	100%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	3.3 mg	30%
Selenium (as sodium selenite)	14 mcg	25%
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)	24 mcg	**
Inositol (from inositol niacinate)	1 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 Turmeric, Organic Black Carrot Juice Concentrate), Organic Sunflower Oil, Organic Carnauba Wax.