

Supplement Facts ^{V3}

Serving Size 3 Capsules and 1 Soft Gel Capsule
Servings Per Container 30

| 3 capsules and 1 soft gel capsule contains | Amount Per Serving | % Daily Value for Pregnant or Lactating Women |
|---|---------------------------|--|
| Calories | 15 | |
| Total Fat | 1.5 g | 2% |
| Cholesterol | 5 mg | 2% |
| Vitamin A (from 5,000 IU as Natural Beta Carotene) | 1,500 mcg | 115% |
| Vitamin C (as Ascorbic Acid USP) | 250 mg | 208% |
| Vitamin D (D3 as Cholecalciferol) | 50 mcg (2,000 IU) | 333% |
| Thiamin (Vitamin B1)(from Thiamine Hydrochloride USP) | 5 mg | 357% |
| Riboflavin (Vitamin B2 USP) | 5 mg | 313% |
| Niacin USP | 25 mg | 139% |
| Vitamin B6 (as Pyridoxine Hydrochloride USP) | 15 mg | 750% |
| Folate (from 1,000 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt) | 1,700 mcg DFE | 283% |
| Vitamin B12 (as Methylcobalamin) | 50 mcg | 1,786% |
| Biotin | 300 mcg | 857% |
| Choline (as Choline Bitartrate) | 78 mg | 14% |
| Calcium (as DimaCal® Dicalcium Malate) | 150 mg | 12% |
| Iron (as Ferrochel® Ferrous Bisglycinate Chelate) | 30 mg | 111% |
| Iodine (from Potassium Iodide) | 150 mcg | 52% |
| Magnesium (as DiMagnesium Malate) | 150 mg | 38% |
| Zinc (as TRAACS® Zinc Bisglycinate Chelate) | 20 mg | 154% |
| Selenium (as Selenium Glycinate Complex) | 100 mcg | 143% |
| Chromium (as O-polynicotinate)‡ | 100 mcg | 222% |
| Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) | 25 mcg | 50% |
| DHA (Docosahexaenoic Acid) | 580 mg | * |
| EPA (Eicosapentaenoic Acid) | 130 mg | * |
| Mixed Tocopherols | 25 mg | * |

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Magnesium Silicate, Silicon Dioxide, Highly Refined and Concentrated Omega-3 Fish Oil (**anchovy**), Capsule Shell (gelatin, glycerin, purified water), Natural Lemon/Lime Flavor, Proprietary Antioxidant Blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate).