

WOMEN'S FORMULA

180 GUMMIES

Directions: For adult women, 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	45	
Total Fat	0.5 g	< 1%
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	9 g	3%†
Sugars	6 g	**
Includes 6 g Added Sugars		13%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	270 mcg	30%
Vitamin C (as ascorbic acid USP)	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%
Vitamin K (K-1 as phylloquinone USP)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.12 mg	10%
Riboflavin (Vitamin B-2 USP)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	25%
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)	4 mcg	167%
Biotin USP	45 mcg	150%
Pantothenic acid (as calcium D-pantothenate USP)	3.5 mg	70%
Choline (as choline bitartrate)	55 mg	10%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	4 mg	36%
Selenium (as sodium selenite)	14 mcg	25%
Sodium	25 mg	1%
Fish Oil	510 mg	**
Total Omega-3 Fatty Acids	162 mg	**
EPA and DHA	126 mg	**
Coenzyme Q10 (as ubiquinone USP)	60 mg	**
Inositol (as inositol niacinate)	1 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 Cane Sugar, Organic Tapioca Syrup, 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