

# Supplement Facts V2

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	
Calories from Fat	10	
Total Fat	1.5 g	*
Cholesterol	5 mg	*
Vitamin A (as Betatene® Natural Mixed Carotenoids)	5,000 IU	63%
Vitamin C (as Ascorbic Acid USP)	250 mg	417%
Vitamin D3 (as Cholecalciferol)	2,000 IU	500%
Thiamin (Vitamin B1)( from Thiamine Hydrochloride USP)	5 mg	294%
Riboflavin (Vitamin B2 USP)	5 mg	250%
Niacin USP	25 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	15 mg	600%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	1,000 mcg	125%
Vitamin B12 (as Methylcobalamin)	50 mcg	625%
Biotin	300 mcg	100%
Calcium (as DimaCal® Dicalcium Malate)	150 mg	12%
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	30 mg	167%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (as DiMagnesium Malate)	150 mg	33%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	20 mg	133%
Selenium (as Selenium Glycinate Complex)	100 mcg	*
Chromium (as O-polynicotinate)‡	100 mcg	*
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	*
DHA (Docosahexaenoic Acid)	580 mg	*
Choline Bitartrate	200 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).