

# Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	% DV Pregnant & Lactating Women	
Vitamin A (as beta-carotene)	770 mcg	59%
Vitamin D3 (as cholecalciferol) [from lichen (whole plant)] <sup>1</sup>	15 mcg (600 IU)	100%
Vitamin E (as alpha tocopherol from mixed tocopherols)	7 mg	37%
Vitamin B6 (as pyridoxal 5'-phosphate)	2 mg	100%
Folate (as L-5-methyltetrahydrofolate calcium)	600 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	2.8 mcg	100%
Biotin	35 mcg	100%
Choline (as choline bitartrate)	100 mg	18%
Iron (as ferrous bisglycinate chelate) <sup>2</sup>	18 mg	67%
Iodine (as potassium iodide)	290 mcg	100%
Zinc (as zinc sulfate)	11 mg	85%
<b>Omega-3 Docosahexaenoic Acid (DHA) Fatty Acid</b> [from Schizochytrium spp. (microalgae)] <sup>3</sup>	100 mg	*

\* Daily value not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, silica, tangerine oil, magnesium stearate, lecithin (soy), sodium caseinate (milk).

<sup>1</sup> Vitashine™, <sup>2</sup> Ferrochel, and <sup>3</sup> life'sDHA®. Ferrochel® is a registered trademark of Albion Laboratories, Inc. life'sDHA® is a trademark of DSM.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Directions:** Please complete.

**Keep out of reach of children**

**Store at 15–30C (59–86F).**

**Protect from heat, light and moisture.**

**Do not consume if bag/seal is broken or punctured.**