



Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel % Daily Value for Pregnant Women and Lactating Women

Calories 5

Vitamin A (as Beta Carotene)	770 mcg	59%
Vitamin C (as Ascorbic Acid)	85 mg	71%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1000 IU)	167%
Vitamin E (as d-Alpha Tocopherol)	15 mg	79%
Vitamin K (as Phytonadione)	90 mcg	100%
Thiamin (as Thiamine Mononitrate)	1.4 mg	100%
Riboflavin	1.4 mg	88%
Niacin (as Niacinamide)	18 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	1.9 mg	95%
Folate	1330 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B ₁₂ (as Cyanocobalamin)	5.2 mcg	186%
Biotin	30 mcg	86%
Pantothenic Acid (as d-Calcium Pantothenate)	6 mg	86%
Calcium (as Calcium Carbonate)	150 mg	12%
Iron (as Ferrous Fumarate)	27 mg	100%
Iodine (as Potassium Iodide)	150 mcg	52%
Magnesium (as Magnesium Oxide)	45 mg	11%
Zinc (as Zinc Oxide)	11 mg	85%

Omega-3 Fatty Acids (from Fish Oil Concentrate)^{††} 260 mg *

Omega-3 Docosahexaenoic Acid (DHA)^{††} 200 mg *

Omega-3 Eicosapentaenoic Acid (EPA)^{††} 60 mg *

*Daily Value not established.

SUGGESTED USE:

Adults, take 1 softgel daily with water and a meal for optimal absorption.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

CAUTION:

If you are taking medication or have blood clotting issues, consult your physician before use.

✓ No Artificial Flavors
✓ Gluten Free

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.

OTHER INGREDIENTS:

Gelatin, Glycerin, Rapeseed Lecithin, Soybean Oil, Water, Dibasic Calcium Phosphate, Yellow Beeswax, Tocopherols, Resin, Ascorbyl Palmitate.

DISTRIBUTED BY:

Nature Made Nutritional Products

West Hills, CA 91309-9903, USA

1-800-276-2878

www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements.

www.uspverified.org

^{††}As ethyl esters

Lot:
Exp: