



SUGGESTED USE: Adults: Take two (2) gummies daily. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

	Amount Per Serving	% Daily Value for Lactating Women†
Calories	20	
Total Carbohydrate	4 g	1%
Total Sugars	3 g	*
Includes 3 g Added Sugars		6%
Vitamin A (as retinyl palmitate)	650 mcg	50%
Vitamin C (as ascorbic acid)	35 mg	29%
Vitamin D ₃ (as cholecalciferol)	15 mcg (600 IU)	100%
Vitamin E (as DL-alpha tocopheryl acetate)	19 mg	100%
Niacin (as inositol hexanicotinate)	18 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%
Folate (as folic acid)	383 mcg DFE (230 mcg Folic Acid)	64%
Vitamin B ₁₂ (as cyanocobalamin)	20 mcg	714%
Biotin	500 mcg	1,429%
Iodine (as potassium iodide)	290 mcg	100%
Zinc (as zinc citrate)	3.8 mg	29%
Omega-3 Fatty Acids (from fish oil)	70 mg	*
DHA (as docosahexaenoic acid)	50 mg	*
EPA (as eicosapentaenoic acid)	10 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other Ingredients: Glucose Syrup, Sugar, Water, Gelatin. Contains <2% of: Citric Acid, Color (Turmeric Extract, Purple Carrot Juice Concentrate), Lactic Acid, Natural Flavors, Sodium Lactate.

Our Omega-3 DHA & EPA is sourced from highly refined fish oil.

Distributed by: Haleon, Warren, NJ 07059

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• No high fructose corn syrup, artificial flavors or sweeteners, or synthetic dyes • Contains no wheat, milk, soy, egg, peanut, tree nuts, fish or crustacean shellfish allergens • Gluten-free • Non-GMO™

As with any supplement, if you are pregnant, nursing, or taking medication, consult your healthcare provider before use.

Intended to be taken with a well-balanced diet to support postnatal nutrition needs.

If taking other supplements, read the label, as other supplements may contain the same ingredients.

Keep out of sight and reach of children.

Do not take this product with other products containing folic acid unless otherwise directed by your healthcare provider.

Store at room temperature. Keep bottle tightly closed. Protect from moisture. Due to use of plant-based colors, gummy appearance may change over time. This does not alter the product potency.

Bottle sealed with printed foil under cap.

Do Not Use if foil is torn.

Questions? Comments?

Call 1-877-CENTRUM (236-8786)

For most recent product information, visit www.centrum.com

Read more about our Non-GMO standard on centrum.com

Proudly manufactured in a GMP facility.

^ Biotin, Vitamins A, C and E help maintain a healthy appearance*
B-Vitamins help support daily energy needs*
Vitamins C and E support normal immune function*