

Supplement facts

Serving Size: 2 Softgels

	Amount Per Serving	% Daily Value*
Calories	5	-
Vitamin A (as beta carotene)	6250 IU	125 %
Vitamin C (as ascorbic acid)	75 mg	125 %
Vitamin D (as ergocalciferol)	500 IU	125 %
Vitamin E (as d-alpha tocopherol acetate)	38 IU	125 %
Thiamin (vitamin B-1) (as thiamine HCl)	1.9 mg	125 %
Riboflavin (vitamin B-2)	2.1 mg	125 %
Niacin (as niacinamide)	25 mg	125 %
Vitamin B-6 (as pyridoxine HCl)	2.5 mg	125 %
Folate (as folic acid)	13 mcg	3 %
Vitamin B-12 (as cyanocobalamin)	8 mcg	125 %
Biotin	63 mcg	21 %
Pantothenic Acid (as calcium pantothenate)	13 mg	125 %
Calcium (as gluconate)	25 mg	3 %
Iron (as gluconate)	6.25 mg	35 %
Iodine (from kelp)	125 mcg	83 %
Magnesium (as gluconate)	13 mg	3 %
Zinc (as gluconate)	3.75 mg	25 %
Manganese (as gluconate)	0.063 mg	3 %
Potassium (as gluconate)	1.25 mg	< 1 %
DHA (docosahexaenoic acid)*	100 mg	**
EPA (eicosapentaenoic acid)*	14 mg	**
Choline (as bitartrate)	2 mg	**
Inositol	1 mg	**
PABA (para-aminobenzoic acid)	0.6 mg	**

aily Values not established

Other Ingredients: Gelatin, soy oil, glycerin, luohanguo (Sirafia grosvenori fruit extract), purified water, lecithin, sunflower oil, natural vanilla, natural cherry flavor, natural cherry, natural color, beeswax, pineapple fruit, apple fruit, lemon bioflavonoid complex (from Citrus limon fruit), spirulina (naturally rich in essential nutrients), rose hips (Rosa canina fruit), whole brown rice, broccoli, spinach, mango fruit, West Indian cherry (Malpighia glabra fruit), papaya fruit, carrot,