

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	% DV Pregnant & Lactating Women	
Vitamin A (as beta-carotene)	770 mcg RAE	59%
Vitamin C (as ascorbic acid)	85 mg	71%
Vitamin D3 (as cholecalciferol) [from lichen (whole plant)] ¹	15 mcg (600 IU)	100%
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 bitartrate)	100 mg	18%
Iron (as ferrous bisglycinate) ²	18 mg	67%
Iodine (as potassium iodide)	190 mcg	100%
Zinc (as zinc bisglycinate chelate)	11 mg	85%

Omega-3 Docosahexaenoic Acid (DHA) Fatty Acid [from Schizochytrium sp. (microalgae)] ³	100 mg	**
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** Daily value not established

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