

# Supplement Facts

Serving Size: 1 Pack

|   | Amount Per Serving | % DV for Pregnant and Lactating Women |   | Amount Per Serving | % DV for Pregnant and Lactating Women |
|---|--------------------|---------------------------------------|---|--------------------|---------------------------------------|
| Calories  | 10                 |                                       | Iron (as ferrous bisglycinate chelate) (Ferrochel™)   | 12 mg              | 44%                                   |
| Calories from Fat   | 10                 |                                       | Iodine (from kelp and potassium iodide)   | 145 mcg            | 50%                                   |
| Total Fat   | 1 g                | 1%††                                  | Magnesium (as magnesium citrate, glycinate and ascorbate)                                   | 100 mg             | 25%                                   |
| Saturated Fat   | 0 g                | 0%††                                  | Zinc (as zinc gluconate and zinc citrate)   | 12 mg              | 92%                                   |
| Cholesterol   | 1 mg               | 0%                                    | Selenium (vegetable culture† and selenomethionine)  | 35 mcg             | 50%                                   |
| Vitamin A (as natural mixed carotenoids and acetate) (2,500 IU / 4:1 ratio) | 760 mcg RAE        | 58%                                   | Copper (as copper gluconate and copper citrate)   | 2 mg               | 154%                                  |
| Vitamin C (as magnesium ascorbate and ascorbic acid)                        | 160 mg             | 133%                                  | Manganese (as manganese gluconate)  | 1 mg               | 38%                                   |
| Vitamin D (as cholecalciferol) (500 IU)                                     | 13 mcg             | 87%                                   | Chromium (from vegetable culture†)  | 25 mcg             | 56%                                   |
| Vitamin E (as d-alpha tocopheryl acetate) (emulsified)                      | 134 mg             | 705%                                  | Potassium (as potassium chloride)   | 50 mg              | 1%                                    |
| Vitamin K (as phytonadione)   | 45 mcg             | 50%                                   | Boron (as calcium borogluconate)  | 0.5 mg             | *                                     |
| Thiamin (B1) (as cocarboxylase chloride)                                    | 0.8 mg             | 57%                                   | Rubidium (from vegetable culture†)  | 10 mcg             | *                                     |
| Riboflavin (as riboflavin-5-phosphate)                                      | 0.8 mg             | 50%                                   | Vanadium (from vegetable culture†)  | 5 mcg              | *                                     |
| Niacin (as niacinamide)   | 50 mg              | 278%                                  | Omega-3 fatty acids (from 1,000 mg fish oil providing not less than 60 mg EPA & 600 mg DHA) | 660 mg             | *                                     |
| Vitamin B6 (as pyridoxal-5-phosphate)                                       | 2 mg               | 100%                                  | L-Cysteine HCl  | 25 mg              | *                                     |
| Folate (as calcium folinate)  | 400 mcg DFE        | 67%                                   | L-Methionine  | 50 mg              | *                                     |
| Vitamin B12 (as methylcobalamin)  | 25 mcg             | 893%                                  | Taurine   | 75 mg              | *                                     |
| Biotin  | 150 mcg            | 429%                                  | Superoxide Dismutase (from vegetable culture†)  | 20 mcg             | *                                     |
| Pantothenic Acid (as calcium pantothenate)                                  | 5 mg               | 71%                                   | Catalase (from vegetable culture†)  | 20 mcg             | *                                     |
| Choline (as choline bitartrate)   | 100 mg             | 18%                                   |   |                    |                                       |
| Calcium (as calcium citrate)  | 100 mg             | 8%                                    |   |                    |                                       |

**Other ingredients:** Capsule shell (gelatin, glycerin, and water), cellulose, magnesium stearate (vegetable source), arabic gum and mixed tocopherols.

**Contains ingredients derived from Anchovy.**

† Specially grown, biologically active vegetable culture (from organic peas, lentils, and/or chickpeas) containing **Phytochemically Bound Trace Elements™** and/or naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

Ferrochel™ is a trademark of Albion Laboratories, Inc.

**This product is gluten and dairy free.**

**RECOMMENDATION:** One (1) pack two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

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

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

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