

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 iodine)	150 mcg	52%
Zinc (as zinc bisglycinate chelate)	11 mg	85%
Omega-3 Docosahexaenoic Acid (DHA) Fatty Acid [from Schizochytrium spp. (microalgae)] ³	100 mg	**

** Daily value not established

Other ingredients: Vegetarian Capsule (hydroxypropyl methylcellulose, water), Cellulose, Silica, Tangerine Oil, Magnesium Stearate, Lecithin (soy), Sodium Caseinate (milk).

¹ Vitashine™, ² Ferrochel, and ³ *life'sDHA*®. Ferrochel is a registered trademark of Albion Laboratories, Inc. *life'sDHA*® is a trademark of DSM.

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.