

AMOUNT PER SERVING	% DV FOR PREGNANT WOMEN
Vitamin A (as beta carotene with carrot)† 750 mcg RAE	58%
Vitamin C (as ascorbic acid with organic orange)† 100 mg	83%
Vitamin D3 (as fermented cholecalciferol) 15 mcg	100%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 20 mg	105%
Vitamin K (as phytonadione with cabbage)† 60 mcg	67%
Thiamine (as thiamine hydrochloride with <i>S. cerevisiae</i>)† 1.5 mg	107%
Riboflavin (as riboflavin 5'-phosphate sodium with organic brown rice)† 1.7 mg	106%
Niacin (as niacinamide with <i>S. cerevisiae</i>)† 20 mg NE	111%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice)† 8 mg	400%
Folate (as L-5-methyltetrahydrofolate with broccoli)† 1020 mcg DFE (600 mcg L-5-MTHF)	170%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>)† 8 mcg	286%
Biotin (as biotin with organic brown rice)† 300 mcg	857%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 10 mg	143%
Choline (as choline bitartrate) 300 mg	55%
Iron (as fermented iron bisglycinate) 18 mg	67%
Iodine (as fermented iodine glycinate) 150 mcg	52%
Zinc (as zinc bisglycinate) 15 mg	115%
Selenium (as fermented selenium glycinate) 50 mcg	71%
Copper (as fermented copper bisglycinate) 0.2 mg	15%
Manganese (as fermented manganese bisglycinate) 1 mg	38%
GTF Chromium (as fermented chromium glysinate, nicotinate, glutamate) 50 mcg	111%
Molybdenum (as fermented molybdenum biglycinate) 10 mcg	20%
Vitamin K2 (as menaquinone-7 with cabbage)† 30 mcg	**

** %Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, ferment media (rice protein, organic brown rice, autolyzed yeast extract, yeast [inactive]), organic brown rice, silicon dioxide, rice protein, stearic acid, autolyzed yeast extract, hypromellose.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months. Tablet color may naturally change over time. Biotin is an important nutrient, especially during pregnancy. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.