

# VITAFOL

## *gummies-FirstStep™*



Actual size

# Supplement Facts

Serving Size 2 Gummies

Amount Per Serving	% Daily Value in Pregnancy	
Calories	16	
Total Carbohydrates	3 g	†*
Sugars	3 g	†*
Vitamin A (as Vitamin A palmitate)	220 mcg RAE	9%
Vitamin C (as ascorbic acid)	20 mg	33%
Vitamin D (as cholecalciferol)	17 mcg	168%
Vitamin E (as alpha-tocopherol)	18 mg	33%
Niacin (as niacinamide)	10 mg NE	50%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	68%
Folic Acid	1111 mcg DFE	84%
Vitamin B12 (as cyanocobalamin)	5.3 mcg	66%
Iron (as ferric orthophosphate)	6.7 mg	38%
Iodine (as potassium iodide)	100 mcg	67%
Choline (as choline bitartrate)	6.7 mg	†
Omega 3 fatty acid	69.7 mg	†
Docosahexaenoic acid (DHA)	50 mg	†
Eicosapentaenoic acid (EPA)	10.2 mg	†
Other Omega 3 fatty acid	9.5 mg	†

† Daily Value not established  
\* Percent Daily Values based on 2,000 calorie diet.

**Other Ingredients:** Sugar, glucose syrup, water, gelatin, lactic acid, citric acid, mixed berry flavor, Certicoat 580 (contains mineral oil and Carnauba wax), Natural Color and Masking flavor. **Contains soybean and fish oil (cod).**