### Supplement Facts

- **Amount Per Serving:**
  - Calories: 15
  - Total Carbohydrate: 3 g (1%)
  - Vitamin A (as Retinyl Palmitate): 1,500 mcg (150%)
  - Vitamin C (as Ascorbic Acid): 500 mg (500%)
  - Vitamin D (as Cholecalciferol): 125 mcg (1,500%)
  - Vitamin E (as Alpha-Tocopherol): 10 mg (67%)
  - Thiamin (as Thiamin HCl): 3 mg (200%)
  - Riboflavin (as Riboflavin-5-Phosphate): 3.4 mg (200%)
  - Niacin (as Nicotinamide): 40 mg (200%)
  - Vitamin B6 (as Pyridoxine HCl): 4 mg (200%)
  - Folic Acid (as Metafolin® 5-Methyltetrahydrofolate): 665 mcg (100%)
  - Biotin: 100 mcg (100%)
  - Choline (as Choline Bitartrate and Bitartrate Citrate): 25 mg (67%)
  - Calcium (as Calcium Citrate-Magnesium and Ascorbate): 200 mg (25%)
  - Iron (as Ferrous Sulfate): 25 mg (125%)
  - Magnesium (as Magnesium Oxide and Ascorbate): 25 mg (6%)
  - Copper (as Copper Amino Acid Chelate): 0.5 mg (125%)
  - Manganese (as Manganous Amino Acid Chelate): 2 mg (100%)
  - Chromium (as Chromium Picolinate): 25 mcg (100%)
  - Iodine (as Iodide): 30 mcg (100%)
  - Zinc (as Zinc Citrate and citrate chelate): 15 mg (100%)
  - Selenium (as Selenomethionine): 200 mcg (125%)
  - B6 (as Pyridoxine HCl): 100 mcg (200%)
  - B9 (as Folic Acid): 300 mcg (100%)
  - B12 (as Cyanocobalamin): 100 mcg (125%)

- **Percent Daily Values (%DV):**
  - **C-Complex and Folic Acid:** 125 mg **125%**
  - **B-Complex:**
    - Vitamin A (1,500%)
    - Vitamin C (500%)
    - Vitamin D (1,500%)
    - Vitamin E (67%)
    - Thiamin (200%)
    - Riboflavin (200%)
    - Niacin (200%)
    - Vitamin B6 (200%)
    - Folic Acid (100%)
    - Biotin (100%)
    - Choline (67%)
    - Calcium (25%)
    - Iron (125%)
    - Magnesium (6%)
    - Copper (125%)
    - Manganese (100%)
    - Chromium (100%)
    - Iodine (100%)
    - Zinc (100%)
    - Selenium (125%)
    - B6 (200%)
    - B9 (100%)
    - B12 (125%)

### Other Ingredients:
- Cellulose, Hydroxypropyl cellulose, coating (Hydroxypropyl methylcellulose, vegetable glycerin).