

Lifeable®

Don't sacrifice great taste for great health. Lifeable gummy vitamins and supplements are bursting with nutrients and fruit flavors so you will actually enjoy taking them. Lifeable - Health gone tasty!

SUGGESTED USE: As a dietary supplement, take two (2) gummies per day. Chew thoroughly before swallowing.

Do not exceed suggested serving size. If you have a medical condition, are taking medication, or are pregnant or nursing, ask a doctor before using.

Not for children under 2 years of age due to risk of choking.

Do not use this product if safety seal under cap is torn or missing.

KEEP OUT OF REACH OF CHILDREN
Store at room temperature.
Avoid excessive heat.

Dist. by Lifeable, Brooklyn, N.Y. 11204
1-855-889-6757, www.lifeable.com

Product of Israel, Packaged in the USA

8
10102 73073
2
REV9163U-0923R

WWW.LIFEABLE.COM

Lifeable®

**WOMEN'S
MULTIVITAMIN
GUMMIES**
DIETARY SUPPLEMENT

WITH EXTRA BIOTIN

60 count



VEGETARIAN



GLUTEN FREE



NUT FREE

RASPBERRY
FLAVOR

Supplement Facts

Serving Size: 2 Gummies

Servings Per Bottle: 30

Amount per serving % Daily Value*

Calories 20

Total Carbohydrates 5 g <2%

Total Sugars 3 g **

Includes 3 g Added Sugars 6%

Vitamin A (as Retinyl Acetate) 1200 mcg 133%

Vitamin C (as Ascorbic acid) 90 mg 100%

Vitamin D3 (as Cholecalciferol) 10 mcg (400 IU) 50%

Vitamin E (as dl-Alpha Tocopheryl Acetate) 36 mg 240%

Niacin (as Nicotinamide) 10 mg 63%

Vitamin B6 (as Pyridoxine HCl) 2 mg 118%

Folate 333 mcg DFE (200 mcg Folic Acid) 83%

Vitamin B12 (as Cyanocobalamin) 8 mcg 333%

Biotin 3000 mcg 10,000%

Pantothenic Acid (as D-Calcium Pantothenate) 10 mg 200%

Iodine (as Potassium Iodide) 80 mcg 53%

Zinc Citrate 5 mg 45%

Sodium 5 mg <1%

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Glucose syrup, sugar, water, pectin, black carrot concentrate (color), trisodium citrate, natural flavor, carnauba wax.

Does not contain eggs, wheat (gluten), milk, peanuts, tree nuts, sesame, soy or shellfish. Processed in a nut free facility.