

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

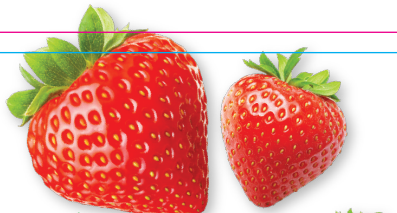
Product of Israel  
Packaged in the USA



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SUGAR FREE



Lifeable®

**WOMEN'S  
MULTIVITAMIN  
GUMMIES**  
DIETARY SUPPLEMENT

**WITH EXTRA BIOTIN**  
60 count



VEGAN



GLUTEN FREE



NUT FREE

STRAWBERRY  
FLAVOR



**Supplement Facts**

Serving Size: 2 Gummies

Servings Per Bottle: 30

Amount per serving	% Daily Value*
<b>Calories 20</b>	
Total Carbohydrates 5 g	<2%
Vitamin A (as retinol acetate) 700 mcg	78%
Vitamin C (as ascorbic acid) 90 mg	100%
Vitamin D3 (as cholecalciferol)(vegan) 20 mcg (800 IU)	100%
Vitamin E (as D $\alpha$ -tocopheryl acetate) 25 mg	167%
Thiamin 0.05 mg	4%
Riboflavin 0.2 mg	15%
Niacin (as nicotinamide) 5 mg	31%
Vitamin B6 (as pyridoxine HCl) 3 mg	176%
Folate 686 mcg DFE (as 400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin) 10 mcg	417%
Biotin 2030 mcg	6767%
Pantothenic Acid (as D-Calcium Pantothenate) 2 mg	40%
Iodine (as potassium iodide) 75 mcg	50%
Zinc (as zinc citrate) 3 mg	27%
Chromium (as Chromium Piccolinate) 40 mcg	114%
Molybdenum (sodium molybdate) 10 mcg	22%
Sodium 5 mg	<1%
Ginseng Extract ( <i>Panax ginseng</i> )(root) 1 mg standardized to contain 4% ginsenosides	**
Lycopene 1 mg	**
Inositol 50 mg	**

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

\*\*Daily Value not established.

Other Ingredients: Isomaltulose-oligosaccharides (IMO), water, xylitol, pectin, agar agar, tapioca starch, black carrot concentrate (color), natural flavor, trisodium citrate, carnauba wax.  
Does not contain eggs, wheat (gluten), milk, peanuts, tree nuts, sesame, soy, fish or shellfish.  
Processed in a nut free facility.  
Contains IMO. May not be suitable for diabetics.