

Dietary Supplement Facts

Serving size: 1 heaping compressed 0.15cc Mini-Scoop

Servings per Container: 360

Recommended /servings/day: 2 for Children over 6 months;
3 for Women 15-49; at least 1 for Men > 19 and Women > 49

Nora Lynne Micronutrients	3 Mini- Scoops	RDA/AI/UL Prenatal Healthy Woman 15-49	%RDA/AI
Vitamin C	60 mg	85 mg	70%
Biotin (H)	0.3 mg	-	-
Pantothenic Acid (B5)	10 mg	6 mg	166%
Folic Acid (B9)	0.8 mg	0.6 mg	133%
Niacinamide (B3)	20 mg	18 mg	111%
Pyridoxine (B6)	2 mg	1.9 mg	105%
Riboflavin (B2)	1.7 mg	1.4 mg	121%
Thiamine (B1)	1.5 mg	1.4 mg	107%
Vitamin A	10,000 IU	10,000 IU	100%*
Vitamin B12	6 mcg	2.6 mcg	230%
Vitamin D3	800 IU	2,000 IU	40%*
Vitamin E	30 IU	33.3 IU	91%
Vitamin K1	80 mcg	90 mcg	88%
Iron	18 mg	27 mg	66%
Iodine	150 mcg	220 mcg	68%
Zinc	15 mg	11 mg	73%
Selenium	40 mcg	60 mcg	66%
Copper	2 mg	1 mg	200%
Chromium	35 mcg	30 mcg	116%
Manganese	2.3 mg	2.0 mg	115%
Molybdenum	45 mcg	50 mcg	90%

Keep out of reach of children.

Keep closed to protect from sun/humidity/heat/wind.

Refrigerator/freezer storage prolongs freshness.

Home-based food fortification is not a substitute for good diet. Nuts, beans, fruits, vegetables, milk, meat and eggs mixed with oil provide protein, fat and necessary vitamins & minerals for growth, healing, immunity, safe motherhood, energy, infant brain development, and prevention and recovery from malnutrition.

RDA/AI /*Safe UL Ref: Office of Dietary Supplements NIH/IOM