

Supplement Facts

Serving Size	1 Tablet		2 Tablets	
Servings Per Container	120		60	
Amount Per Serving	%Daily Value for Children 4 to Under 12 Years of Age		%Daily Value for Children 12 years of age and older	
Calories	5		10	
Total Carbohydrate	1 g	< 1%*	2 g	1%*
Sugars	1 g	**	2 g	**
Vitamin A (as Retinyl Palmitate, Beta-Carotene)	2,500 IU	50%	5,000 IU	100%
Vitamin C (as Calcium Ascorbate)	60 mg	100%	120 mg	200%
Vitamin D (as Cholecalciferol)	200 IU	50%	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	15 IU	50%	30 IU	100%
Vitamin K (as Phytonadione)	1 mcg	1%	2 mcg	3%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	0.75 mg	50%	1.5 mg	100%
Riboflavin (Vitamin B-2)	0.85 mg	50%	1.7 mg	100%
Niacin (as Niacinamide)	10 mg	50%	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	1 mg	50%	2 mg	100%
Folic Acid	200 mcg	50%	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	3 mcg	50%	6 mcg	100%
Biotin (as d-Biotin)	150 mcg	50%	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	7 mg	70%	14 mg	140%
Calcium (as Calcium Carbonate, Calcium Citrate, Calcium Ascorbate)	125 mg	13%	250 mg	25%
Iron (as Ferrous Fumarate)	2 mg	11%	4 mg	22%
Iodine (as Potassium Iodide, Kelp)	12.8 mcg	9%	25.6 mcg	17%

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Magnesium (as Magnesium Oxide, Magnesium Ascorbate)	50 mg	13%	100 mg	25%
Zinc (as Zinc Amino Acid Chelate)	3.75 mg	25%	7.5 mg	50%
Selenium (as Selenomethionine)	7.5 mcg	11%	15 mcg	21%
Copper (as Copper Gluconate)	0.5 mg	25%	1 mg	50%
Manganese (as Manganese Gluconate)	0.48 mg	24%	0.96 mg	48%
Chromium (as Chromium Polynicotinate)	7.5 mcg	6%	15 mcg	13%
Molybdenum (as Sodium Molybdate)	5 mcg	7%	10 mcg	13%
Boron (as Calcium Borogluconate)	5 mcg	**	10 mcg	**
Vanadium (as Vanadyl Sulfate)	2.5 mcg	**	5 mcg	**
Nickel (as Nickelous Sulfate)	1 mcg	**	2 mcg	**
Tin (as Tin Chloride)	1 mcg	**	2 mcg	**
Choline Phosphatides (as Lecithin)	4.5 mg	**	9 mg	**
Inositol Phosphatides (as Lecithin)	2.5 mg	**	5 mg	**
Rutin	2.5 mg	**	5 mg	**
Green Barley Juice Powder	1.5 mg	**	3 mg	**
Chlorella Powder	1.5 mg	**	3 mg	**
Spirulina Powder	2.5 mg	**	5 mg	**
Alfalfa Juice Powder	2.5 mg	**	5 mg	**
Rice Bran Powder	5 mg	**	10 mg	**
Carrot Juice Powder	2.5 mg	**	5 mg	**
Natural Licorice Root	2 mg	**	4 mg	**

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

**Daily Value not established.

Other Ingredients: Sucrose, Dextrose, Fructose, Sweet Whey, Cellulose (Plant Origin), Cocoa Powder, Glycerides of Stearic and Palmitic Acids, Non-Fat Dried Milk, Natural Flavors, Carob Bean Powder, Dried Honey Powder, Vegetable Magnesium Stearate, Carrageenan, Guar Gum, Natural Pure Cream Extract, Silica, Mannitol.

This product contains milk and soy ingredients.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. **THIS PRODUCT IS INTENDED FOR USE BY CHILDREN UNDER ADULT SUPERVISION.**

KEEP OUT OF REACH OF CHILDREN.

DIRECTIONS: Children over 4 years of age but under 12 years of age: Chew one (1) tablet daily. Children 12 years of age and older: Chew two (2) tablets daily. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Carefully Manufactured for PURITAN'S PRIDE, INC.
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