

Children's Multivitamin with Iron Chewable Tablets

Use: as a dietary supplement.

Directions: Supervise children in the use of this product. Children 2 to under 4 years of age: chew 1/2 tablet daily preferably with a meal. Adults and children 4 years of age and over: chew 1 tablet daily preferably with a meal.

Supplement Facts

Serving Size (for children under 4) 1/2 Tablet

Servings Per Container 260

Serving Size (for children 4 and over) 1 Tablet

Servings Per Container 130

Amount Per Serving	Children 2 to Under 4 Years		Adults & children 4 and over	
	1/2 Tablet	%DV	1 Tablet	%DV
Total Carbohydrate	0 g	**	<1 g	<1% *
Sugars	0 g	**	<1 g	**
Vitamin A (as retinyl acetate and beta-carotene)	1,250 IU	50%	2,500 IU	50%
Vitamin C (as sodium ascorbate and ascorbic acid)	30 mg	75%	60 mg	100%
Vitamin D (as ergocalciferol)	200 IU	50%	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	7.5 IU	75%	15 IU	50%
Thiamine (vitamin B-1) (as thiamine mononitrate)	0.525 mg	75%	1.05 mg	70%
Riboflavin (vitamin B-2)	0.6 mg	75%	1.2 mg	71%
Niacin (as niacinamide)	6.75 mg	75%	13.5 mg	68%
Vitamin B-6 (as pyridoxine hydrochloride)	0.525 mg	75%	1.05 mg	53%
Folic Acid	150 mcg	75%	300 mcg	75%
Vitamin B-12 (as cyanocobalamin)	2 mcg	67%	4 mcg	67%
Iron (as ferrous fumarate)	7.5 mg	75%	15 mg	83%
Sodium	2.5 mg	**	5 mg	<1%

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

** Daily Value (DV) not established.

Other ingredients: sucrose, vegetable stearic acid, maltodextrin, natural and artificial flavors, vegetable cellulose, FD&C yellow no. 6 lake, vegetable magnesium stearate, FD&C red no. 40 lake, FD&C blue no. 2 lake. Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of the reach of children.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Warnings: Ask a doctor before use if you are taking any medications or planning any medical procedures. Stop use and ask a doctor if any side effects occur.

If pregnant or breast-feeding, ask a health professional before use.

Store in a cool, dry place.

Safety sealed: do not use if the imprinted seal under the cap is broken or missing.



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