

Each capsule contains (average):	%RDA	
Vitamin A (1333i.u)	400µg	50
Vitamin D (200i.u.)	5µg	100
Vitamin E (9 i.u.)	6mg	50
Fish Oil concentrate	600mg	*
Which provides		
EPA	198mg	
DHA	132mg	

Each tablespoon (10ml) contains :	%RDA	
Vitamin A (2668i.u)	800µg	100
Vitamin D (400i.u.)	10µg	200
Vitamin E (18 i.u.)	12mg	100
Vitamin C	25mg	31
Folic Acid	200µg	100
Fish Oil concentrate	2043mg	*
Which provides		
EPA	400mg	
DHA	300mg	
Wild Berry Concentrate	1110mg	(providing
30mg anthocyanins equivalent to 60g of fresh red berries)		

**Other Ingredients (KIDZ omega liquid):** Concentrated Pineapple Juice, Fish Oil Concentrate, Corn Starch, Water, Fructose, Wild Berry Concentrate, Mango Puree, Concentrated Orange Juice, Sunflower Oil, Banana Puree, Alginate, Natural Pineapple Flavour, Prebiotic Acacia Gum, Natural Mixed Tocopherols, Vitamin C (ascorbic acid), Natural Vanilla Flavour, Vitamin E (d-alpha tocopherol), Potassium Sorbate, Vitamin A (retinyl palmitate), Vitamin D3 (cholecalciferol).

**Other Ingredients (KIDZ Omega capsules) :** Fish Oil Concentrate, Capsule Shell (glycerol, gelatin chewable, purified water, xylitol, powdered cellulose, orange flavour), Natural Vitamin E (d-alpha tocopherol), Orange Flavour, Vitamin A Palmitate, Natural Colour (carmine cochineal red), Vitamin D3 (cholecalciferol).