

## Supplement Facts

**Serving size:** 2 chewable tablets

<b>Ingredient</b>	<b>Amount</b>	<b>% Daily Value</b>
Calories	10	
Total Carbohydrate	2 g	1 %*
Sugars	2 g	†
Vitamin A (as beta carotene)	5000 IU	100 %
Vitamin C (as ascorbic acid)	60 mg	100 %
Vitamin D (as ergocalciferol)	400 IU	100 %
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100 %
Thiamin (vitamin B-1) (as thiamine hydrochloride)	1.5 mg	100 %
Riboflavin (vitamin B-2)	1.7 mg	100 %
Niacin (as niacinamide)	20 mg	100 %
Vitamin B-6 (as pyridoxine HCl)	2 mg	100 %
Folate (as folic acid)	10 mcg	3 %
Vitamin B-12 (as cyanocobalamin)	6 mcg	100 %
Biotin	50 mcg	17 %
Pantothenic Acid (as calcium pantothenate)	10 mg	100 %
Calcium (as aminoate complex)	20 mg	2 %
Iron (as aminoate complex)	5 mg	28 %
Iodine (from kelp)	100 mcg	67 %
Magnesium (as aminoate complex)	10 mg	3 %
Zinc (as aminoate complex)	3 mg	20 %
Copper (as aminoate complex)	0.05 mg	3 %
Manganese (as aminoate complex)	0.05 mg	3 %
Potassium (as aminoate complex)	1 mg	< 1 %
Pineapple Fruit	50 mg	†
Apple Fruit	50 mg	†
Sunflower Oil	20 mg	†
Lemon Bioflavonoid Complex (from <i>Citrus limon</i> fruit)	20 mg	†
PABA (para-aminobenzoic acid)	400 mcg	†
Choline (as bitartrate)	10 mcg	†
Inositol	10 mcg	†

† Daily Value (DV) not established.

### Other Ingredients:

Fructose, citric acid, natural cherry, orange and grape flavors, magnesium stearate, spirulina (naturally rich in essential nutrients), rose hips (*Rosa canina* fruit), whole brown rice, broccoli, spinach, mango fruit, carrot, West Indian cherry (*Malpighia glabra* fruit), papaya fruit. Mineral aminoates are whole brown rice chelates.