



My First Gummies

Multi Vitamin
Children's Easy To Chew
Vitamin & Mineral Supplement

PEDIATRICIAN RECOMMENDED*

Winnie
the
Pooh

My First Gummies

Multi Vitamin
Children's Easy To Chew
Vitamin & Mineral Supplement



Roo Piglet Heffalump
Winnie the Pooh Eeyore Tigger

3 Yummy Flavors!

Grape, Orange, Cherry Natural Flavors and Colors

Made in the U.S.A.

©Disney Based on the "Winnie the Pooh" works
by A.A. Milne and E.H. Shepherd.

Gluten Free * No Artificial Flavors



My First Gummies

Multi Vitamin
Children's Easy To Chew
Vitamin & Mineral Supplement

FOR HEALTHY GROWTH AND DEVELOPMENT*
WITH PEDIATRICIAN RECOMMENDED*
LEVEL OF VITAMIN D 400 IU PER 2 GUMMIES



Winnie
the
Pooh

60 Gummies

Gluten Free * No Artificial Flavors

PEDIATRICIAN RECOMMENDED*

Great tasting, fun to eat.



Almost 80% of children do not eat the recommended number of nutrient-rich fruits and vegetables.² My First Gummies provide a good source of 11 Vitamins and Minerals.



My First Gummies contains the essential ABC's!
Vitamin A for healthy vision,
B Vitamins for Energy Metabolism and
Vitamin C for healthy immune function.*



Two gummies contain 400 IU of Vitamin D which is the dosage recommended by pediatricians for children.¹ Vitamin D is known as the "sunshine vitamin" and promotes healthy bones, teeth and immune system health.*

100% Quality Guaranteed throughout shelf life.

1. The American Academy of Pediatrics recommends children and adolescents receive at least 400 IU of Vitamin D per day from food or supplements. Wagner, C. et al. Pediatrics. 2006;117:1147-1152
2. USDA Food and Nutrition Service. www.usda.gov. Accessed 2010

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Directions: For adults and children 2 years of age and over, chew two (2) gummies daily.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

	Amount Per Serving	% Daily Value for Children 2-4 Years of Age	% Daily Value for Adults and Children 4+ years Years of Age
Calories	15		
Total Carbohydrate	4 g	***	1%**
Sugars	3 g	***	***
Vitamin A (as Retinyl Palmitate)	1,500 IU	60%	30%
Vitamin C (as Ascorbic Acid)	15 mg	38%	25%
Vitamin D (as Cholecalciferol)	400 IU	100%	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	150%	50%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg	71%	25%
Folic Acid	200 mcg	100%	50%
Vitamin B-12 (as Cyanocobalamin)	3 mcg	100%	50%
Biotin	45 mcg	30%	15%
Pantothenic Acid (as d-Calcium Pantothenate)	2.5 mg	50%	25%
Iodine (as Potassium Iodide)	30 mcg	43%	20%
Magnesium (as Magnesium Citrate)	2 mg	1%	1%
Zinc (as Zinc Citrate)	2 mg	25%	13%
Inositol	10 mg	***	***
DHA (Docosahexaenoic Acid) (from Fish Oil)	100 mcg	***	***

***Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Other Ingredients: Corn Syrup, Sugar, Gelatin, Citric Acid, Lactic Acid, Purple Berry Color Concentrate (Mazui Berry Juice Concentrate, Sugar), Maltodextrin, Fractionated Coconut Oil, Beeswax, Dicalcium Phosphate, Natural Flavors, Black Carrot Juice Color Concentrate, Silica, Annatto Color, Mannitol.
Contains fish (tuna) ingredients.

WARNING: If you are pregnant, nursing, 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 requires adult supervision and is not to be dispensed by children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

KEEP OUT OF REACH OF CHILDREN

Carefully Manufactured for
NatureSmart, LLC, Bohemia, NY 11716 USA
Call toll free 1-888-VITAHELP (848-2435) with
questions or comments. Mon. - Fri., 9am-5pm EST.

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Part No. 22-13564

UNCOATED