

Children's Chewable Multi

Multi-Vitamin Supplement
90 Tablets

Altrum™
Caring About Your Life



SUPPLEMENT FACTS

Serving Size: Three Tablets

	Amount Per Serving	% Daily Value*	% Daily Value**
Calories	12		
Total Carbohydrate	3 gm	1%	1%
Sugars	3 gm	***	***
Vitamin A (as 60% beta carotene/40% as retinyl palmitate)	2,500 IU	100%	50%
Vitamin C (as ascorbic acid/from calcium ascorbate)	100 mg	250%	167%
Vitamin D-3 (as cholecalciferol)	200 IU	50%	50%
Vitamin E (Natural)	30 IU	300%	100%
Vitamin K (as phytonadione)	2 mcg	13%	2%
Thiamine (as thiamine mononitrate)	5 mg	714%	333%
Riboflavin (as riboflavin)	3 mg	375%	176%
Niacin (as niacinamide)	20 mg	222%	100%
Vitamin B-6 (as pyridoxine hydrochloride)	5 mg	714%	250%
Folate (as folic acid)	400 mcg	200%	100%
Vitamin B-12 (as cyanocobalamin)	10 mcg	333%	167%
Biotin	200 mcg	133%	67%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%	100%
Calcium (from calcium carbonate)	50 mg	6%	5%
Iodine (from potassium iodide)	150 mcg	214%	100%
Iron (from ferrous fumarate)	5 mg	50%	28%
Magnesium (from magnesium oxide)	50 mg	25%	13%
Zinc (from zinc gluconate)	5 mg	63%	33%
Selenium (from selenium amino acid chelate)	20 mcg	100%	29%
Copper (from copper oxide)	0.3 mg	30%	15%
Manganese (from manganese amino acid chelate)	3 mg	300%	150%
Chromium (from chromium amino acid chelate)	20 mcg	100%	17%
Molybdenum (from molybdenum amino acid chelate)	5 mcg	20%	7%
Citrus Bioflavonoid Complex	10 mg	***	***
Silicon (from silicon dioxide)	7 mg	***	***
Cranberry Fruit (Vaccinium macrocarpon) plant extract 25:1	5 mg	***	***
PABA (Para-Aminobenzoic Acid)	2 mg	***	***
Vanadium (from vanadium amino acid chelate)	10 mcg	***	***

*Daily Value for children between the ages of 1 and 4 years of age.

**Daily Value for adults and children over 4 years of age.

***Daily Value not established.

Other Ingredients: Dextrose, sucrose, vegetable stearine, cherry flavor, calcium stearate, fructose, and grape juice.

If you are pregnant or nursing, seek the advice of your health care professional before using this or any product.

Suggested Use: For children between the ages of 1 and 4 years of age, take three tablets daily.

For children over the age of 4 (and adults), take three tablets daily, not to exceed 6 tablets per day.

WARNING: Accidental overdose of iron-containing products is the leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Distributed by
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