

Suggested Use: As a dietary supplement, children ages 4 and older, chew one (1) wafer two (2) times daily.

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

**QUALITY AND POTENCY
GUARANTEED**

Formulated for:
Martin Avenue Pharmacy, Inc.
"We Make It Better..."
Naperville, IL 60540
(630) 355-6400

#10032



Children's Essentials

MultiVitamin & Mineral

Dietary Supplement
60 Chew Tabs
www.MartinAvenue.com

Supplement Facts

Serving Size 1 Chew Tab

	Amount Per Serving	% D.V. Children Ages 4 and older
Calories	5	
Total Carbohydrates	1.5 g	1%
Sugars	1.5 g	*
Vitamin A (from fish liver oil and 66.67% as natural beta-carotene)	3750 IU	75%
Vitamin C (as L-ascorbic acid)	90 mg	150%
Vitamin D3 (from fish liver oil)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate)	45 IU	150%
Vitamin K1 (as phytonadione)	15 mcg	18%
Vitamin B1 (as thiamin mononitrate)	1.5 mg	100%
Vitamin B2 (as riboflavin)	1.7 mg	100%
Niacin (as niacinamide)	10 mg	50%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	100%
Folic acid	200 mcg	50%
Vitamin B12 (as cyanocobalamin on ion exchange resin)	6 mcg	100%
Biotin	150 mcg	50%

*Daily Value not established.

Percent Daily Values are based on a 2,000 calorie diet.

	Amount Per Serving	% D.V. Children Ages 4 and older
Pantothenic acid (as calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate)	50 mg	5%
Iron (as iron carbonyl)	2.25 mg	12%
Iodine (as potassium iodide and from kelp)	37.5 mcg	30%
Magnesium (as magnesium citrate/aspartate complex)	50 mg	12%
Zinc (as zinc amino acid chelate)**	2.5 mg	16%
Selenium (as selenium amino acid complex)	25 mcg	45%
Copper (as copper gluconate)	0.2 mg	10%
Manganese (as manganese amino acid chelate)**	0.5 mg	25%
Chromium (as chromium polynicotinate)***	25 mcg	21%
Molybdenum (as molybdenum amino acid chelate)**	25 mcg	33%
Choline (as choline bitartrate)	2.5 mg	*
Boron (as boron aspartate-citrate)	0.5 mg	*
Black Currant seed extract	2.5 mg	*

Other Ingredients: Fructose, dextrates, stearic acid, rice syrup solids, silica, natural fruit flavors, natural turmeric color, magnesium stearate, and natural licorice flavor. **U.S. Patent No. 4,599,152 Albion Laboratories ***Chromemate® brand, InterHealth Co.