

Supplement Facts

Serving Size 2 chewable tablets
Serving per Container 30

Amount Per 2 Tablets	% Daily Value for ages 4 & up
Calories	10
Total Carbohydrate	2 g 1%*
Sugars	1 g **
Vitamin A (as Alpha and Beta Carotene)	5000 IU 100%
Vitamin C (from Acerola Cherry Fruit Extract)	60 mg 100%
Vitamin D3 (as Cholecalciferol)	400 IU 100%
Vitamin E (as D-Alpha Tocopheryl Acetate and Mixed Tocopherols)	30 IU 100%
Vitamin K (as Phytionadione)	40 mcg 50%
Thiamin (as Thiamine HCl)	1.5 mg 100%
Riboflavin	1.7 mg 100%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B6 (as Pyridoxine HCl)	2 mg 100%
Folate (from Lemon Peel)	200 mcg 50%
Vitamin B12 (as Methylcobalamin)	6 mcg 100%
Biotin	150 mcg 50%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg 100%
Calcium (as Calcium Amino Acid Chelate)	75 mg 8%
Iron (as Iron Amino Acid Chelate)	5 mg 28%
Iodine (from Potassium Iodide)	100 mcg 67%
Magnesium (as Magnesium Amino Acid Chelate)	38 mg 10%
Zinc (as Zinc Amino Acid Chelate)	3 mg 20%
Selenium (as Selenium Amino Acid Chelate)	35 mcg 50%
Copper (as Copper Amino Acid Chelate)	0.05 mg 3%
Manganese (as Manganese Amino Acid Chelate)	0.05 mg 3%
Chromium (as Chromium Amino Acid Chelate)	20 mcg 17%
Cognitive Blend	
Choline (as Choline Bitartrate)	15 mg **
Phosphatidylserine (from Sunflower Phospholipids)	5 mg **
Inositol	5 mg **
Superfood Blend	
Pineapple (<i>Ananas comosus</i>) Fruit Powder, Pomegranate (<i>Punica granatum</i>) Fruit Extract, Lemon Bioflavonoids, Spirulina, Sunflower Oil, Rice Bran, Beet Greens (<i>Beta vulgaris</i>) Leaf Powder, Broccoli Powder (Aerial Parts), Brown Rice, Carrot Powder (Root), Rose Hips (<i>Rosa canina</i>) Fruit Powder, Spinach (<i>Spinacia aleracea</i>) Leaf Powder, Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Powder, Mango (<i>Mangifera indica</i>) Fruit Powder	10.5 mg **
Alpha CRS®+ Blend	
Grape (<i>Vitis vinifera</i>) Seed Extract, Tomato Fruit Extract (Provides Lycopene), Marigold Flower Extract (Provides Lutein)	

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

**Daily Value not established.

OTHER INGREDIENTS: Organic Cane Sugar, Microcrystalline Cellulose, Stearic Acid, Natural Watermelon Flavor, Citric Acid, Malic Acid, Stevia Extract, Silica, Magnesium Stearate

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



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Manufactured exclusively for dōTERRA® Intl, LLC,
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Natural Watermelon Flavor
Dietary Supplement

CHEWABLE™
60 TABLETS

a2z

dōTERRA®

dōTERRA a2z Chewable is a proprietary formula developed with children in mind. B vitamins are combined with a blend of important nutrients, including vitamins A, C, E, and botanical extracts. Formulated to be used with IQ Mega® as a comprehensive dietary supplement.

Directions: Children 4 years of age and older, chew 2 tablets daily to supplement dietary needs.