Children's Multi-Vi-Min®

Small capsule (size 3) for easy swallowing, suitable for children, and for adults who have problems swallowing capsules. Vitamin C was purposely left out of this formula because of its ability to enhance iron absorption.*

Suggested Use

As a dietary supplement, 1 capsule daily per ten pounds of body weight, taken with meals, or as directed by a healthcare practitioner. For children under the age of 4, please consult your healthcare practitioner before use. Keep in a cool, dry place, tightly capped.

WARNING: Accidental overdose of iron containing products is a 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 a poison control center immediately.

Formulated exclusively for Allergy Research Group® South Salt Lake, UT 84115
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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

AllergyResearchGroup®

Children's

Multi-Vi-Min®

For Children or Sensitive Adults*

dietary supplement

HYPOALLERGENIC

150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving		% Daily Value*
Vitamin A (as 800 IU of Retinyl Palmitate)	200 µgRAE	27%
Vitamin C (as Ascorbic Acid)	10 mg	11%
Vitamin D3 (as 200 IU of Cholecalciferol)	5 µg	25%
Vitamin E (as 16 IU of dl-Alpha-Tocopheryl Acetate)	14.4 µg	96%
Vitamin K (as 50% Vitamin K1 Phytonadione and 50% Vitamin K2 Menoquione-7)	10 µg	8%
Thiamine (as Thiamine Hydrocholoride)	4 mg	333%
Riboflavin (as Riboflavin-5-Phosphate)	2 mg	154%
Niacin (as Niacinamide)	2 mgNE	13%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate)	6.2 mg	353%
Folate (as 12 ug of 5-Methyltetrahydrofolate (from 22 ug [6S]-5-methyltetrahydrofolic, glucosamine salt))	20 µgDFE	5%
Vitamin B12 (as Methylcobalamin)	32 µg	1333%
Biotin	16 µg	53%
Pantothenic Acid (as Calcium Pantothenate)	20 mg	400%
Calcium (as Calcium Citrate)	10 mg	1%
Iron (as Ferric Ammonium Citrate)	1 mg	6%
Iodine (as Potassium Iodide)	30 µg	20%
Magnesium (as Magnesium Citrate)	10 mg	2%
Zinc (as Zinc Citrate)	2 mg	18%
Selenium (as Sodium Seleneate)	8 µg	15%
Copper (as Copper Bisglycinate)	60 µg	7%
Manganese (as Manganese Citrate)	0.6 mg	26%
Chromium (as Chromium Picolinate)	16 µg	46%
Molybdenum (as Sodium Molybdate)	8 µg	18%
Potassium (as Potassium Chloride)	4 mg	<1%
Glutamic Acid	8 mg	†

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

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.