

**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 poison control center immediately.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Porcine Free.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:

1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

\* 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.

**GNC**  
milestones®

**kids**

**Chewable Multivitamin  
For Kids 2-12**

DIETARY SUPPLEMENT

**Bone, Immune Support,  
Eye + Overall Health\***



**Gluten Free, No Dairy**

**Natural  
Mixed Berry Flavor**

**60 CHEWABLE  
TABLETS  
30 SERVINGS**



CODE 585550

**DIRECTIONS:** As a dietary supplement, for children 2 years and older, take two tablets daily. For children 6 years and older, one additional serving can be taken daily or as directed by your pediatrician.

DUG

## Supplement Facts

| Serving Size/Servings Per Container                  | 2 Tablets/30                                              |                                                                       | 4 Tablets/15                                                          |
|------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|
| Amount Per Serving                                   | % Daily Value for<br>Children 1 through 3<br>Years of Age | % Daily Value for<br>Adults and<br>Children 4 or More<br>Years of Age | % Daily Value<br>for Adults and<br>Children 4 or More<br>Years of Age |
| Calories .....                                       | 5                                                         |                                                                       | 5                                                                     |
| Total Carbohydrate .....                             | <1 g                                                      | *                                                                     | 1.5 g <1% †                                                           |
| Sugars .....                                         | <1 g                                                      | *                                                                     | 1.5 g                                                                 |
| Vitamin A (100% as beta-Carotene) .....              | 225 mcg 75%                                               | 25%                                                                   | 450 mcg 50%                                                           |
| Vitamin C (as Ascorbic Acid) .....                   | 15 mg 100%                                                | 17%                                                                   | 30 mg 33%                                                             |
| Vitamin D (as Cholecalciferol D-3) .....             | 5 mcg 33%                                                 | 25%                                                                   | 10 mcg 50%                                                            |
| Vitamin E (as d-alpha Tocopheryl Succinate) .....    | 4.13 mg 69%                                               | 28%                                                                   | 8.26 mg 55%                                                           |
| Thiamin (Vitamin B-1) (as Thiamin Mononitrate) ..... | 0.5 mg 100%                                               | 42%                                                                   | 1 mg 83%                                                              |
| Riboflavin (Vitamin B-2) .....                       | 0.5 mg 100%                                               | 38%                                                                   | 1 mg 77%                                                              |
| Niacin (as Niacinamide) .....                        | 5 mg 83%                                                  | 31%                                                                   | 10 mg 63%                                                             |
| Vitamin B-6 (as Pyridoxine Hydrochloride) .....      | 0.5 mg 100%                                               | 29%                                                                   | 1 mg 59%                                                              |
| Folate .....                                         | 100 mcg DFE 67%                                           | 25%                                                                   | 200 mcg DFE 50%                                                       |
|                                                      | (60 mcg Folic Acid)                                       |                                                                       | (120 mcg Folic Acid)                                                  |
| Vitamin B-12 (as Cyanocobalamin) .....               | 0.5 mcg 56%                                               | 21%                                                                   | 1 mcg 42%                                                             |
| Biotin .....                                         | 10 mcg 125%                                               | 33%                                                                   | 20 mcg 67%                                                            |
| Pantothenic Acid (as Calcium Pantothenate) .....     | 5 mg 250%                                                 | 100%                                                                  | 10 mg 200%                                                            |
| Choline (as Choline Bitartrate) .....                | 0.02 mg 0%                                                | 0%                                                                    | 0.04 mg 0%                                                            |
| Calcium .....                                        | 250 mg 36%                                                | 19%                                                                   | 500 mg 38%                                                            |
|                                                      | (as Calcium Carbonate & Dicalcium Phosphate)              |                                                                       |                                                                       |
| Iron (as Ferrous Fumarate) .....                     | 2 mg 29%                                                  | 11%                                                                   | 4 mg 22%                                                              |
| Iodine (as Potassium Iodide) .....                   | 20 mcg 22%                                                | 13%                                                                   | 40 mcg 27%                                                            |
| Magnesium (as Magnesium Oxide) .....                 | 40 mg 50%                                                 | 10%                                                                   | 80 mg 19%                                                             |
| Zinc (as Zinc Oxide) .....                           | 3 mg 100%                                                 | 27%                                                                   | 6 mg 55%                                                              |
| Manganese (as Manganese Sulfate) .....               | 0.5 mg 42%                                                | 22%                                                                   | 1 mg 43%                                                              |
| Inositol .....                                       | 20 mcg                                                    | *                                                                     | 40 mcg                                                                |

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

**OTHER INGREDIENTS:** Sorbitol, Dextrose, Xylitol, Natural Berry Flavor, Citric Acid, Stearic Acid Vegetable Source, Calcium Silicate, Mono- & Diglycerides, Polydextrose, Silica, Magnesium Stearate, Sodium Carboxymethylcellulose, Tricalcium Phosphate, Corn Starch, Glycerides, Sucrose, Maltodextrin, Gum Arabic, Hydroxypropyl Methylcellulose, d-alpha Tocopherol, Povidone, Cellulose, Hydrogenated Soy Oil, Microcrystalline Cellulose, Mineral Oil, Modified Food Starch, Propylene Glycol, Trisodium Citrate, Vegetable Juice (Color).

Lot No./Expire Date:

