



### Suggested Use:

**Infants 6 - 12 mos:** 1 tsp daily

**Children 1 - 3 yrs:** 1 - 2 tsp daily

**Children 4+ yrs:** 2 - 3 tsp daily

- Shake well before use.
- Keep refrigerated after opening.
- Give directly or mix with your child's favorite drink.

**ChildLife®** uses only the highest quality ingredients. **Gluten free, alcohol free, casein free.** Contains no milk, eggs, wheat, yeast, peanuts, tree nuts, fish or shellfish. No artificial colors, flavors or sweeteners.

Keep out of reach of children. Tamper Resistant: Do not use if outer safety seal is broken or missing.

Manufactured for  
**CHILD LIFE®**  
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These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# CHILD LIFE<sup>®</sup> ESSENTIALS

## Nutrition for Kids!®

Formulated by  
Dr. Murray C. Clarke, D. Hom., L. Ac.

# Multi Vitamin & Mineral



Natural Orange/Mango Flavor

Dietary Supplement

8 fl. oz. (237 mL)



## Supplement Facts

Serving Size: 1 tsp (5 mL); 2 tsp (10 mL); 3 tsp (15 mL)  
Servings Per Container: 47; 24; 16

| Amount Per Serving                                   | % DV<br>Infants 6-12 mos<br>(1 tsp)     | % DV<br>Children 1-3 yrs<br>(2 tsp)      | % DV<br>Children 4+ yrs<br>(3 tsp)      |
|------------------------------------------------------|-----------------------------------------|------------------------------------------|-----------------------------------------|
| Calories                                             | 10                                      | 20                                       | 30                                      |
| Total Carbohydrate                                   | 3 g 3%                                  | 6 g 4%***                                | 9 g 3%***                               |
| Total Sugars                                         | 3 g †                                   | 5 g †                                    | 8 g †                                   |
| Includes Added Sugars                                | 3 g †                                   | 5 g 20%***                               | 8 g 16%***                              |
| Vitamin A (as Vitamin A Palmitate and Beta-Carotene) | 250 mcg 50%                             | 500 mcg 167%                             | 750 mcg 83%                             |
| Vitamin C (as Sodium Ascorbate and Ascorbic Acid)    | 68 mg 136%                              | 135 mg 900%                              | 203 mg 226%                             |
| Vitamin D3 (as Cholecalciferol)                      | 3.5 mcg (140 IU) 35%                    | 7 mcg (280 IU) 47%                       | 10.5 mcg (420 IU) 53%                   |
| Vitamin E (as d-Alpha Tocopherol)                    | 6.5 mg 130%                             | 13 mg 217%                               | 19.5 mg 130%                            |
| Thiamin (as Thiamin HCl)                             | 1 mg 333%                               | 2 mg 400%                                | 3 mg 250%                               |
| Riboflavin (as Riboflavin-5-Phosphate)               | 1 mg 250%                               | 2 mg 400%                                | 3 mg 231%                               |
| Niacin (as Niacinamide)                              | 5 mg 125%                               | 10 mg 167%                               | 15 mg 94%                               |
| Vitamin B6 (as Pyridoxine HCl)                       | 1 mg 333%                               | 2 mg 400%                                | 3 mg 176%                               |
| Folate (as Folic Acid)                               | 110 mcg DFE 138%<br>(66 mcg Folic Acid) | 220 mcg DFE 147%<br>(132 mcg Folic Acid) | 330 mcg DFE 83%<br>(198 mcg Folic Acid) |
| Vitamin B12 (as Cyanocobalamin)                      | 3 mcg 600%                              | 6 mcg 667%                               | 9 mcg 375%                              |
| Biotin (as d-Biotin)                                 | 33 mcg 550%                             | 65 mcg 813%                              | 98 mcg 327%                             |
| Pantothenic Acid (as d-Panthenol)                    | 3.5 mg 194%                             | 7 mg 350%                                | 10.5 mg 210%                            |
| Choline (as Choline Bitartrate)                      | 10 mg 7%                                | 20 mg 10%                                | 30 mg 5%                                |
| Calcium (as Calcium Lactate)                         | 28 mg 11%                               | 55 mg 8%                                 | 83 mg 6%                                |
| Iodine (as Potassium Iodide)                         | 25 mcg 19%                              | 50 mcg 56%                               | 75 mcg 50%                              |
| Magnesium (as Magnesium Lactate)                     | 7.5 mg 10%                              | 15 mg 19%                                | 23 mg 5%                                |
| Zinc (as Zinc Gluconate)                             | 2.5 mg 83%                              | 5 mg 167%                                | 7.5 mg 68%                              |
| Selenium (as L-Selenomethionine)                     | 18 mcg 90%                              | 35 mcg 175%                              | 53 mcg 96%                              |
| Manganese (as Manganese Gluconate)                   | 0.8 mg 133%                             | 1.5 mg 125%                              | 2.3 mg 100%                             |
| Chromium (as Chromium Picolinate)                    | 3.5 mcg 64%                             | 7 mcg 64%                                | 10.5 mcg 30%                            |
| Sodium                                               | 5 mg †                                  | 10 mg 1%                                 | 15 mg 1%                                |
| Potassium (as Potassium Citrate)                     | 8 mg 1%                                 | 15 mg <1%                                | 23 mg <1%                               |
| Inositol                                             | 10 mg †                                 | 20 mg †                                  | 30 mg †                                 |

\*\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

††† Percent Daily Values are based on a 1,000 calorie diet.

† Daily Value not established.

**Other Ingredients:** Purified Water, Fructose, Natural Flavors, Citric Acid, Xanthan Gum, Potassium Sorbate (to preserve freshness), Grapefruit Seed Extract.