

DIRECTIONS: For children 1-3 years of age, chew one (1) wafer daily with breakfast. For children 4-8 years of age, chew two (2) wafers daily with breakfast. Dosage may be increased as directed by a healthcare practitioner. For children ages 9 and older. MICHAEL'S* Pre-Teen and Teen Multi Vitamins are available.

Double-sealed for your protection.

Do not use if outer seal is broken or missing.

CAUTION: KEEP OUT OF REACH OF CHILDREN. Not to be taken by pregnant or lactating women.

Consumer Information Services Voice Mail: 800-845-2730 www.michaelshealth.com

Certified Kosher.

†From Lanolin.

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***Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

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Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products

Made in the U.S.A.

Family owned and operated

WARNING: Accidental overdose of ironcontaining products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a physician or Poison Control Center immediately.

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dietary supplement
Synergistically Complete

Supplement F
60 servings per container for children 1-3 years

30 servings per container for children 4-8 years

Serving Size

1 Wafer for children 1-3 years 2 Wafers for children 4-8 years

Amount Per Serving	1-3 years	%DV	4-8 years	%DV
Total Carbohydrates:	0.5 g	*.	1.0 g	<1%**
Vitamin A (as Beta Carotene)	750 mca	250% .	1500 mca	167%
Vitamin C (Ascorbic Acid)	50 mg	333% .	100 mg	111%
Vitamin D3 (as Cholecalciferol†)				
Vitamin E (as d-alpha Tocopheryl Succinate)	5 mg	83% .	10 mg	67%
Thiamin (as Thiamin Hydrochloride)	1 mg	200% .	2 mg	167%
Riboflavin	1 ma	200% .	2 ma	154%
Niacin (as Niacinamide)	10 mg	167%	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	1 ma	200% .	2 mg	118%
Folate	57 mcg	38% .	115 mcg	29%
(as [6S]-5-methyltetrahydrofolic acid equivalent to	-		-	
63 mcg/125 mcg of [6S]-5-methyltetrahydrofolic ac	cid, glucosami	ine salt**	*)	
Vitamin B12 (as Methylcobalamin)	3 mca	333% .	6 mca	250%
Biotin	22.5 mca	281% .	45 mca	150%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	250% .	10 mg	200%
Calcium (as Calcium Citrate)	50 ma	7% .	100 ma	8%
Iron (as Iron Fumarate)	2.5 mg	36% .	5 ma	28%
lodine (from Kelp)	35 mcg	39% .	70 mcg	47%
Magnesium (as Magnesium Citrate)	5 mg	6% .	10 mg	2%
Zinc (as Zinc Oxide)	2 mg	67% .	4 mg	36%

OTHER INGREDIENTS: Xylitol, Stearic Acid, Citric Acid, Natural Fruit Punch Flavor, Vegetable Magnesium Stearate, Turmeric Root Extract (color), Dicaclium Phosphate, Silica, Potassium Amino Acid Chelate, Carrot Powder (color), Natural Orange Flavor, Natural Orange Fruit Powder, Natural Strawberry Powder and Natural Vanilla Flavor.

MANUFACTURED FOR MICHAEL'S NATUROPATHIC PROGRAMS 6003 RANDOLPH BLVD, SAN ANTONIO, TEXAS 78233



