

**A TASTY NATURAL-SOURCE VITAMIN & MINERAL
SUPPLEMENT FOR THE WHOLE FAMILY.**

POTENCY & QUALITY GUARANTEED
Preservative-free. Wheat-free. Yeast-free. Gluten-free.

**Carlson®
for Kids**

**NATURAL
BLUE
RASPBERRY
FLAVOR**



**Chewable
Vitamins
and Minerals**

**NATURAL
SWEETENERS**

**NATURAL
VITAMINS**

180 TABLETS

**Dietary
Supplement**

4242 - 3d

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Total Carbohydrate	1 g	<1% †
Vitamin A (from 2500 IU beta carotene & 2500 IU palmitate)	5000 IU	100%
Vitamin C (as calcium ascorbate)	120 mg	200%
Vitamin D ₃ (as cholecalciferol)	600 IU	150%
Vitamin E (as d-alpha tocopheryl succinate from soy)	60 IU	200%
Vitamin K ₁ (as phyloquinone)	80 mcg	100%
Thiamin (Vitamin B ₁) (as thiamin mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B ₂)	1.7 mg	100%
Niacin (as niacinamide)	5 mg	25%
Vitamin B-6 (from pyridoxine hydrochloride)	2 mg	100%
Folate (folic acid)	300 mcg	75%
Vitamin B-12 (as cyanocobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (from calcium citrate, calcium ascorbate, d-calcium pantothenate, dicalcium phosphate)	57 mg	6%
Iron (from iron glycinate chelate)	9 mg	50%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	25 mg	6%
Zinc (from zinc oxide)	7.5 mg	50%
Selenium (from selenomethionine)	35 mcg	50%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganese sulfate)	1 mg	50%
Chromium (from chromium nicotinate)	60 mcg	50%
Lemon Bioflavonoids Complex	10 mg	☆

☆ Daily Value (DV) not established.

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

Other Ingredients: Fructose, xylitol, microcrystalline cellulose, stearic acid, natural blue raspberry flavor, dicalcium phosphate, magnesium stearate (veg.), food glaze, citric acid, hydroxypropyl cellulose, ethylcellulose, apple powder, blueberry powder, carrot powder, spinach powder.

Directions: Adults: **Chew** one tablet daily. Children 4 years of age and older: **Chew** one tablet daily. Keep bottle tightly closed. Store away from heat and moisture.

WARNING: Vitamin K can antagonize the effect of anticoagulants, including Warfarin. Do not take this product if you are taking Warfarin without first consulting with your physician.

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.

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