

Vitamins & minerals to help support normal growth & maintain health.*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size	½ Tablet	1 Tablet
Servings Per Container	160	80
Amount Per Tablet	%DV for Children 2 and 3 years (½ Tablet)	%DV for Children 4 years and older (1 Tablet)
Calories 5		
Total Carbohydrate 1 g	<1%††	<1%†
Total Sugars <1 g	*	*
Includes <1 g Added Sugars	<1%††	<2%†
Vitamin A 450 mcg (53% as Beta-Carotene)	75%	50%
Vitamin C 60 mg	200%	67%
Vitamin D ₃ 10 mcg (400 IU)	33%	50%
Vitamin E 13.5 mg	113%	90%
Vitamin K 10 mcg	17%	8%
Thiamin 1.5 mg	150%	125%
Riboflavin 1.7 mg	170%	131%
Niacin 20 mg	167%	125%
Vitamin B ₆ 2 mg	200%	118%
Folate 667 mcg DFE (400 mcg Folic Acid)	222%	167%

Amount Per Tablet	%DV for Children 2 and 3 years (½ Tablet)	%DV for Children 4 years and older (1 Tablet)
Vitamin B ₁₂ 6 mcg	333%	250%
Biotin 45 mcg	281%	150%
Pantothenic Acid 10 mg	250%	200%
Calcium 108 mg	8%	8%
Iron 8 mg	57%	44%
Phosphorus 50 mg	5%	4%
Iodine 150 mcg	83%	100%
Magnesium 40 mg	25%	10%
Zinc 15 mg	250%	136%
Copper 2 mg	333%	222%
Manganese 1 mg	42%	43%
Chromium 20 mcg	91%	57%
Molybdenum 20 mcg	59%	44%

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

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

* Daily Value not established.

Ingredients: Sugar, Dibasic Calcium Phosphate, Microcrystalline Cellulose, Mannitol, Calcium Carbonate, Magnesium Oxide, Ascorbic Acid (Vit. C), Mono- and Di-glycerides, Pregelatinized Corn Starch, Stearic Acid, Maltodextrin, DL-alpha Tocopheryl Acetate (Vit. E). **Contains <2% of:** Aspartame**, Beta-Carotene, BHT (to preserve freshness), Biotin, Blue 2 Lake, Calcium Pantothenate, Carbonyl Iron, Carrageenan, Cholecalciferol (Vit. D₃), Chromic Chloride, Citric Acid, Cupric Oxide, Cyanocobalamin (Vit. B₁₂), Dextrose, Folic Acid, Gelatin, Guar Gum, Magnesium Stearate, Malic Acid, Manganese Sulfate, Modified Corn Starch, Natural and Artificial Flavors, Niacinamide, Phytonadione (Vit. K), Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Red 40 Lake, Riboflavin (Vit. B₂), Silicon Dioxide, Sodium Molybdate, Thiamine Mononitrate (Vit. B₁), Tocopherols (to preserve freshness), Vitamin A Acetate, Yellow 6 Lake, Zinc Oxide.

SUGGESTED USE: Children 2 and 3 years of age, chew approximately ½ tablet daily with food. Children 4 years of age and older, chew one (1) tablet daily with food. Not formulated for use in children less than 2 years of age. Do not exceed suggested use.

As with any supplement, if your child is taking medication, consult your pediatrician before use.

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.

****PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

If taking other supplements, read label, since supplements may contain the same ingredient.

Store at room temperature. Keep bottle tightly closed. Protect from moisture.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn.

Questions? Comments? Call 1-877-CENTRUM (236-8786)

For most recent product information, visit www.centrum.com

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†Refers to key nutrients for growth and development.