

Children's Multi-Vi-Min[®]

Small capsule (size 3) for easy swallowing, suitable for children, and for adults who have problems swallowing capsules. Now with vitamins C, K1 and K2, potassium iodide, increased vitamin D, and active forms of vitamins B2, B6, B12, and folate.

Suggested Use

As a dietary supplement, for children 1 through 3 years of age, 1 capsule daily mixed into food or beverage; 4 through 7 years, 2 to 4 capsules daily with food; 8 years and older, 3 to 6 capsules daily with food, or as directed by your healthcare practitioner.

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 a poison control center immediately.

Keep in a cool, dry place, tightly capped.

Formulated exclusively for Allergy Research Group[®] South Salt Lake, UT 84115

www.allergyresearchgroup.com Phone: 800.545.9960

Rev. 011



*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.

AllergyResearchGroup[®]

Children's Multi-Vi-Min[®]

For Children or Sensitive Adults*



dietary supplement
150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Vitamin A (as 800 IU of Retinyl Palmitate)	200 mcgRAE 27%	Pantothenic Acid (as Calcium Pantothenate)	20 mg 400%
Vitamin C (as Ascorbic Acid)	10 mg 11%	Calcium (as Calcium Citrate)	15 mg 1%
Vitamin D3 (as 200 IU of Cholecalciferol)	5 mcg 25%	Iron (as Ferric Ammonium Citrate)	1 mg 6%
Vitamin E (as 16 IU of d-Alpha Tocopheryl Acetate)	14.4 mgNE 97%	Iodine (as Potassium Iodide)	30 mcg 20%
Vitamin K (as 50% Vitamin K1 Phytanadione and 50% Vitamin K2 Menaquinone-7)	10 mcg 8%	Magnesium (as Magnesium Citrate)	10 mg 2%
Thiamine (as Thiamine Hydrochloride)	4 mg 333%	Zinc (as Zinc Citrate)	2 mg 18%
Riboflavin (as Riboflavin-5-Phosphate)	2 mg 154%	Selenium (as Sodium Selenate)	8 mcg 15%
Niacin (as Niacinamide)	2 mgNE 13%	Copper (as Copper Bisglycinate)	60 mcg 7%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate)	6.2 mg 353%	Manganese (as Manganese Citrate)	0.6 mg 26%
Folate (as 12 mcg of 5-Methyltetrahydrofolate (from 22 mcg (6S)-5-methyltetrahydrofolic, glucosamine salt))	20 mcgDFE 5%	Chromium (as Chromium Picolinate)	16 mcg 46%
Vitamin B12 (as Methylcobalamin)	32 mcg 1333%	Molybdenum (as Sodium Molybdate)	8 mcg 18%
Biotin	16 mcg 53%	Potassium (as Potassium Chloride)	4 mg <1%
		Glutamic Acid	8 mg †

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

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.