



# Children's Chewables Complete

kids' health

16 Nutrients

MULTIVITAMIN/MULTIMINERAL SUPPLEMENT

60 Animal Shaped Tablets

Directions: 2 & 3 years of age - Chew one-half tablet daily, with food. Adults and children 4 years of age and older - Chew one tablet daily, with food.

## Supplement Facts

Serving Size: ½ tablet (2 & 3 years of age); 1 tablet (4 years of age and older)

Servings Per Container: 120 Half Tablets for 2 & 3 Years of Age or 60 Tablets for Adults and Children 4 Years of Age and Older

| Amount Per Tablet              | % Daily Value<br>for Children<br>2 & 3 Years<br>of Age<br>(1/2 Tablet) | % Daily Value<br>for Adults and<br>Children 4 Years<br>of Age and Older<br>(1 Tablet) | Amount Per Tablet      | % Daily Value<br>for Children<br>2 & 3 Years<br>of Age<br>(1/2 Tablet) | % Daily Value<br>for Adults and<br>Children 4 Years<br>of Age and Older<br>(1 Tablet) |
|--------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Total Carbohydrate <1 g        | †                                                                      | <1%*                                                                                  | Pantothenic Acid 10 mg | 100%                                                                   | 100%                                                                                  |
| Vitamin A 3000 IU              | 60%                                                                    | 60%                                                                                   | Calcium 100 mg         | 6%                                                                     | 10%                                                                                   |
| (25% as beta-carotene)         |                                                                        |                                                                                       | Iron 18 mg             | 90%                                                                    | 100%                                                                                  |
| Vitamin C 60 mg                | 75%                                                                    | 100%                                                                                  | Phosphorus 100 mg      | 6%                                                                     | 10%                                                                                   |
| Vitamin D 400 IU               | 50%                                                                    | 100%                                                                                  | Iodine 150 mcg         | 107%                                                                   | 100%                                                                                  |
| Vitamin E 30 IU                | 150%                                                                   | 100%                                                                                  | Magnesium 20 mg        | 5%                                                                     | 5%                                                                                    |
| Thiamin (Vitamin B1) 1.5 mg    | 107%                                                                   | 100%                                                                                  | Zinc 12 mg             | 75%                                                                    | 80%                                                                                   |
| Riboflavin (Vitamin B2) 1.7 mg | 106%                                                                   | 100%                                                                                  | Copper 2 mg            | 100%                                                                   | 100%                                                                                  |
| Niacin 15 mg                   | 83%                                                                    | 75%                                                                                   | Sodium 10 mg           | †                                                                      | <1%                                                                                   |
| Vitamin B6 2 mg                | 143%                                                                   | 100%                                                                                  |                        |                                                                        |                                                                                       |
| Folic Acid 400 mcg             | 100%                                                                   | 100%                                                                                  | Choline 38 mg          | †                                                                      | †                                                                                     |
| Vitamin B12 6 mcg              | 100%                                                                   | 100%                                                                                  |                        |                                                                        |                                                                                       |
| Biotin 40 mcg                  | 13%                                                                    | 13%                                                                                   |                        |                                                                        |                                                                                       |

**Ingredients:** Dicalcium Phosphate, Sorbitol, Choline Bitartrate, Sodium Ascorbate, Ferrous Fumarate, Magnesium Oxide, Mono & Diglycerides, dl-Alpha Tocopheryl Acetate, Gelatin, Talc, Natural and Artificial Flavor, Stearic Acid, Niacinamide, Zinc Oxide, Calcium Pantothenate, Magnesium Stearate, Silicon Dioxide, Aspartame, Hydrogenated Vegetable Oil (Cottonseed), Malic Acid, Red #40 Aluminum Lake, Yellow #6 Aluminum Lake, Citric Acid, Blue #2 Aluminum Lake, Pyridoxine Hydrochloride, Cupric Oxide, Thiamine Mononitrate, Riboflavin, Monoammonium Glycyrhizinate, Vitamin A Acetate, Beta-Carotene, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

†Daily Value not established.

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

Distributed by The Kroger Co.  
Cincinnati, Ohio 45202

**PHENYLKETONURICS:  
CONTAINS PHENYLALANINE**

**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.

**Caution:** If you or your child is taking medication or have a medical condition, consult your doctor before taking this product. If you are pregnant or nursing a baby, ask a doctor before using this product.

Store in a dry place at room temperature (59°-86°F).

**QUALITY GUARANTEE**  
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**Gluten Free**

This product contains 16 key nutrients, greater than or equal to 10% of the daily value, that are important for the body.

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