

Compare to Flintstones® Complete**

Children's Complete Chewables

Great Tasting

Supports Healthy Growth and Development*

60 Chewables



Dietary Supplement

Serving Size 1/2 Tablet for Children 2-4 Years of Age
1 Tablet for Children 4 and Up
Servings Per Container 120, 60

Amount Per Serving	1/2 Tablet	% Daily Value for Children 2 to 4 Years of Age	1 Tablet	% Daily Value for Adults & Children Over 4 Years of Age
Total Carbohydrate	<1 g	****	<1 g	0%***
Sugars	<0.5 g	****	<0.5 g	****
Vitamin A (as Vitamin A Acetate and Beta-Carotene)	1,500 IU	60%	3,000 IU	60%
Vitamin C (as Sodium Ascorbate and Ascorbic Acid)	30 mg	75%	60 mg	100%
Vitamin D (as Cholecalciferol)	200 IU	50%	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	150%	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	0.75 mg	107%	1.5 mg	100%
Riboflavin (Vitamin B-2)	0.85 mg	106%	1.7 mg	100%
Niacin (as Nicotinamide)	7.5 mg	83%	15 mg	75%
Vitamin B-6 (as Pyridoxine Hydrochloride)	1 mg	143%	2 mg	100%
Folic Acid	200 mcg	100%	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	3 mcg	100%	6 mcg	100%
Biotin (as d-Biotin)	20 mcg	13%	40 mcg	13%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	100%	10 mg	100%
Calcium (as Dicalcium Phosphate)	50 mg	6%	100 mg	10%
Iron (as Ferrous Fumarate)	9 mg	90%	18 mg	100%
Phosphorus (as Dicalcium Phosphate and Magnesium Phosphate)	50 mg	6%	100 mg	10%
Iodine (as Potassium Iodide)	75 mcg	107%	150 mcg	100%
Magnesium (as Magnesium Phosphate and Magnesium Oxide)	10 mg	5%	20 mg	5%
Zinc (as Zinc Oxide)	6 mg	75%	12 mg	80%
Copper (as Cupric Oxide)	1 mg	100%	2 mg	100%
Choline (as Choline Bitartrate)	19 mg	****	38 mg	****

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

****Daily Value not established.

children 4 years of age and over, chew one (1) tablet daily. For children 2 - 4 years of age, chew one-half (1/2) tablet daily. As a reminder, discuss the supplements and medications you take with your health care providers.

No yeast, wheat, gluten.

⚠️ **Phenylketonurics:**
Contains Phenylalanine

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. This product requires adult supervision and is not to be dispensed by children.

Other Ingredients: Sorbitol, Sugar, Natural & Artificial Flavors (Grape, Orange, Cherry), Contains <2% of: Aspartame, Citric Acid, FD&C Blue # 2 Lake, FD&C Red # 40 Lake, FD&C Yellow # 6 Lake, Gelatin, Orange Juice Powder, Silica, Starch, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Contains milk and soy ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **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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