



# Gummies

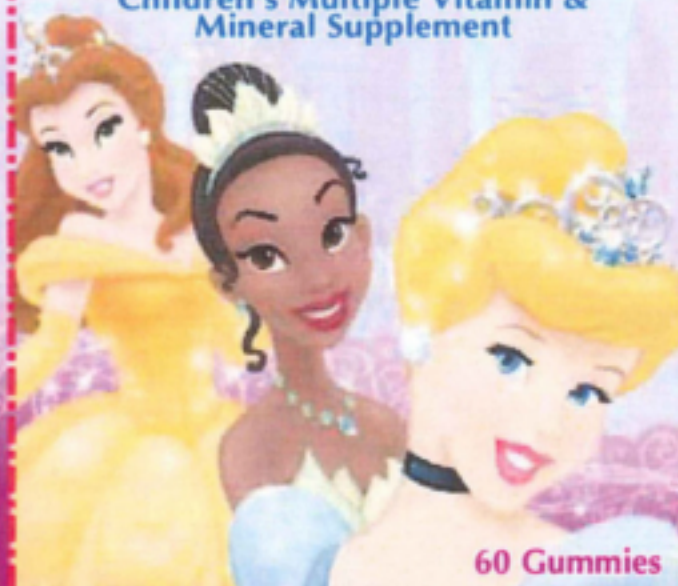
MultiVitamin  
Children's Multiple  
Vitamin & Mineral  
Supplement



# Gummies

FOR HEALTHY GROWTH AND DEVELOPMENT\*  
WITH PEDIATRICIAN RECOMMENDED<sup>1</sup>  
LEVEL OF VITAMIN D 400 IU PER 2 GUMMIES

MultiVitamin  
Children's Multiple Vitamin &  
Mineral Supplement



60 Gummies

GREAT TASTE - NO ARTIFICIAL FLAVORS OR COLORS

Great taste and fun  
princess shapes for them...  
and nutritional assurance  
for you.

*Cinderella*

*Snow White*



*Ariel*



*Belle*

*Jasmine*



3 Fantastic Flavors  
Grape, Orange and Cherry  
Made with Natural Flavors

Provides essential Vitamins  
and Minerals for your child's healthy  
growth and development.\*

Great tasting, fun to eat gummy form.

Contains Vitamin A for eye health,  
B Vitamins for energy metabolism and  
Vitamins C & D for immune function.\*

Vitamin D also provides nutritional  
support for strong bones and teeth.\*

Two gummies contain 400 IU of Vitamin D  
which is the dosage recommended by  
pediatricians for children.<sup>1</sup> Vitamin D is  
known as the "sunshine vitamin" and  
promotes healthy bones, teeth and immune  
system health.\*

Healthy eating and a better diet can  
contribute to optimal health.

Almost 80% of children do not  
eat the recommended number  
of nutrient-rich fruits  
and vegetables.<sup>2</sup>

Princess Gummies provide 11 vitamins  
and minerals.

Made in U.S.A.

\*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.

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Directions: For adults and children 2 years of age and over, chew two (2) gummies daily.

## Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 30

|                                              | Amount Per<br>Serving | %Daily Value<br>for Children<br>2-4 Years<br>of Age | %Daily Value<br>for Adults and<br>Children 4 or<br>more Years of Age |
|----------------------------------------------|-----------------------|-----------------------------------------------------|----------------------------------------------------------------------|
| Calories                                     | 15                    |                                                     |                                                                      |
| Total Carbohydrate                           | 4 g                   | ***                                                 | 1%**                                                                 |
| Sugars                                       | 3 g                   | ***                                                 | ***                                                                  |
| Vitamin A (as Retinyl Palmitate)             | 1,500 IU              | 60%                                                 | 30%                                                                  |
| Vitamin C (as Ascorbic Acid)                 | 15 mg                 | 38%                                                 | 25%                                                                  |
| Vitamin D (as Cholecalciferol)               | 400 IU                | 100%                                                | 100%                                                                 |
| Vitamin E (as dl-Alpha Tocopheryl Acetate)   | 15 IU                 | 150%                                                | 50%                                                                  |
| Vitamin B-6 (as Pyridoxine Hydrochloride)    | 0.5 mg                | 71%                                                 | 25%                                                                  |
| Folic Acid                                   | 200 mcg               | 100%                                                | 50%                                                                  |
| Vitamin B-12 (as Cyanocobalamin)             | 3 mcg                 | 100%                                                | 50%                                                                  |
| Biotin                                       | 45 mcg                | 30%                                                 | 15%                                                                  |
| Pantothenic Acid (as d-Calcium Pantothenate) | 2.5 mg                | 50%                                                 | 25%                                                                  |
| Iodine (as Potassium Iodide)                 | 30 mcg                | 43%                                                 | 20%                                                                  |
| Magnesium (as Magnesium Citrate)             | 2 mg                  | 1%                                                  | 1%                                                                   |
| Zinc (as Zinc Citrate)                       | 2 mg                  | 25%                                                 | 13%                                                                  |
| Inositol                                     | 10 mcg                | ***                                                 | ***                                                                  |
| DHA (Docosahexaenoic Acid) (from Fish Oil)   | 100 mcg               | ***                                                 | ***                                                                  |

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

\*\*\*Daily Value not established.

Other Ingredients: Corn Syrup, Sugar, Grape Juice Concentrate, Gelatin, Modified  
Corn Starch, Citric Acid, Lactic Acid, Purple Berry Color Concentrate (Maqui Berry  
Juice Concentrate, Sugar), Maltodextrin, Fractionated Coconut Oil, Beeswax,  
Dicalcium Phosphate, Natural Flavors, Black Carrot Juice Color Concentrate, Silica,  
Annatto Color, Mannitol.

Contains fish (tuna) ingredients.

**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. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

<sup>1</sup>The American Academy of Pediatrics recommends children and adolescents receive at  
least 400 IU of Vitamin D per day from food or supplements. Wagner, C. et al. *Pediatrics*.  
2008;122:1142-1152

<sup>2</sup>USDA Food and Nutrition Service. [www.usda.gov](http://www.usda.gov). Accessed 2010

## KEEP OUT OF REACH OF CHILDREN

Carefully Manufactured for  
NatureSmart, LLC, Bohemia, NY 11716 USA

Call toll free 1-888-VITAHELP (848-2435) with  
questions or comments, Mon. - Fri., 9am-5pm EST.

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