

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, children age 3, take 1 chewable tablet daily, with a meal. Adults and children ages 4 and up, take 2 chewable tablets daily, with a meal.

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.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

Product may have a mottled appearance.

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.



Scan to learn about our hypoallergenic supplements

Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



PurePals (with iron)

*No added sugar or fructose;
Chewable daily multivitamin/mineral formula*

Natural Cherry Flavor

**Gluten-free, Non-GMO
& Hypoallergenic**

Dietary Supplement
90 CHEWABLE TABLETS



Supplement Facts

Serving size	1 tablet (age 3)	2 tablets (ages 4 and up)
Servings per container	90	45

	Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	3		6	
Total Carbohydrate	1 g	1% ^^	2 g	<1% ^
Total Sugars	0 g	*	0 g	*
Sugar Alcohols	1 g	*	2 g	*
Vitamin A (as vitamin A palmitate and 71% beta carotene)	525 mcg	175%	1,050 mcg	117%
Vitamin C (as calcium ascorbate and as 48% ascorbic acid)	125 mg	833%	250 mg	278%
Vitamin D (as cholecalciferol) (D ₃)	5 mcg (200 IU)	33% 10 mcg (400 IU)	50%	
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	10 mg	168%	20 mg	134%
Thiamin (as thiamin mononitrate) (B ₁)	1.5 mg	300%	3 mg	250%
Riboflavin (vitamin B ₂)	0.85 mg	170%	1.7 mg	131%
Niacin (as niacinamide)	7 mg	117%	14 mg	88%
Vitamin B ₆ (as pyridoxine HCl)	1 mg	200%	2 mg	118%
Folate (as Metafolin®, L5-MTHF)	333 mcg DFE (200 mcg L5-MTHF)	222%	667 mcg DFE (400 mcg L5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	3 mcg	333%	6 mcg	250%
Biotin	150 mcg	1,875%	300 mcg	1,000%
Pantothenic acid (as calcium pantothenate) (B ₅)	6 mg	300%	12 mg	240%

Other ingredients: xylitol, red beet root juice, ascorbyl palmitate, malic acid, cellulose, natural cherry flavor, lo han (*Momordica grosvenorii*) extract (fruit)

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Choline (as choline bitartrate)	8 mg	4%	16 mg	3%
Calcium (as calcium citrate and calcium ascorbate)	50 mg	7%	100 mg	8%
Iron (as iron tris-glycinate)	5 mg	71%	10 mg	56%
Iodine (from potassium iodide)	15 mcg	17%	30 mcg	20%
Magnesium (as magnesium aspartate)	20 mg	25%	40 mg	10%
Zinc (as zinc amino acid chelate)	1 mg	33%	2 mg	18%
Selenium (as selenium amino acid chelate)	20 mcg	100%	40 mcg	73%
Copper (as copper amino acid chelate)	90 mcg	30%	180 mcg	20%
Manganese (as manganese amino acid chelate)	1 mg	83%	2 mg	87%
Chromium (as chromium picolinate)	20 mcg	182%	40 mcg	114%
Molybdenum (as molybdenum amino acid chelate)	2.5 mcg	15%	5 mcg	11%
Potassium (as potassium aspartate)	5 mg	*	10 mg	<1%
Citrus bioflavonoids	5 mg	*	10 mg	*
Boron (as boron citrate)	10 mcg	*	20 mcg	*
Vanadium (as vanadium amino acid chelate)	1.5 mcg	*	3 mcg	*

* Daily value (DV) not established

^ Percent daily values are based on a 2,000 calorie diet

^^ Percent daily values are based on a 1,000 calorie diet

