

Children's Liquid Multi gives children the nutrients they need in a form that is easy to swallow. With a broad spectrum of essential vitamins and minerals, **Children's Liquid Multi** is a yummy way to help kids build strong, healthy bodies. Delicious right out of the bottle or mixed into their favorite juice; it will give you piece of mind to watch your kids happily taking the nutrients their growing bodies need.

Other Ingredients: Purified water, fructose, natural flavors, citric acid, xanthan gum and sodium benzoate (preserves freshness). Contains soy.

Contains No Added salt, yeast, wheat, gluten, corn, artificial flavors or colors.

Suggested Use: Children over 2 years, take one (1) tablespoon daily at mealtime or as directed by a health care professional. Try mixing a tablespoon with a favorite juice or other non-carbonated beverage. For best flavor, store in the refrigerator and serve chilled.

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.

Formulated By:
Foremost Supplements®
Somerset, NJ 08873

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ForeMost

SUPPLEMENTS

Children's LIQUID MULTI

*Essential Nutrition that is
Easy to Swallow*



Vegetarian

32 fl oz (946 ml)

Supplement Facts

Serving Size: 1 Tablespoon (approximately 15 ml)

Servings Per Container: 64

Amount Per Serving

Calories 20

		% Daily Value**	
		Up to 4 yrs	Over 4 yrs
Total Carbohydrate	3 g		3%
Sugars	3 g		
Vitamin A (as beta carotene)	2500 iu	100%	50%
Vitamin C (as calcium ascorbate)	100 mg	250%	167%
Vitamin D (as cholecalciferol)	400 iu	100%	100%
Vitamin E (as d-alpha tocopheryl acetate)	30 iu	300%	100%
Vitamin B-1 (as mononitrate)	1 mg	143%	67%
Vitamin B-2 (as riboflavin)	1.6 mg	200%	94%
Niacin (as niacinamide)	12 mg	133%	60%
Vitamin B-6 (as pyridoxine HCl)	1.4 mg	200%	70%
Folic Acid	100 mcg	50%	25%
Vitamin B-12 (as cyanocobalamin)	6 mcg	200%	100%
Biotin	20 mcg	13%	7%
Pantothenic Acid (as cal. pantothenate)	10 mg	200%	100%
Calcium (as calcium ascorbate)	15 mg	2%	2%
Iron (as ferrous gluconate)	1 mg	10%	6%
Zinc (as zinc gluconate)	3 mg	38%	20%

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			