

✓ ASHWAGANDHA

Is a medical herb that helps manage the stress hormone cortisol and supports a healthy stress response.*

A leading cause of stunted growth is due to stress which is why improving resistance to stress is so important for growth.*

✓ CALCIUM & VITAMIN D

Work together to support bone density*. Calcium may help build and maintain bones, while vitamin D helps your body effectively absorb calcium.*

✓ FOR BEST RESULTS

Use as suggested for AT LEAST 6 months to see tangible growth.*

✓ SUGGESTED USE

Take two (2) capsules daily with a meal for optimal results.*
Store at room temperature.

✓ CAUTION

Do not exceed recommended dose. If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

*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.

TruHeightVitamins.com

TruHeight®

GROWTH*

SUPPORTS BONE GROWTH & DEVELOPMENT*



Multivitamin

For ages
5+

60
CAPSULES



SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings per Container: 30

AMOUNT PER SERVING		%DAILY VALUE
Vitamin D (as Cholecalciferol)	20 mcg	100%
Vitamin K	20 mcg	17%
Calcium (as Tricalcium Phosphate)	300 mg	23%

PROPRIETARY GROWTH BLEND* 113 mg

Ashwagandha Root Extract, Spirulina Powder,
L-Arginine 98.5%, L-Glutamine 98.5%,
Astragalus Root Extract 10:1
(*Astragalus membranaceus*).

†Daily Value not established.

OTHER INGREDIENTS: Cellulose (Capsule),
Microcrystalline Cellulose, Magnesium Stearate.
May Contain Soy and Dairy.



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DIETARY SUPPLEMENT