

PRODUCT INFORMATION

One dinosaur-shaped tablet typically provides:

	%RDA*		%RDA*
Vitamin A (1200iu)	360µg RE 45	Pantothenic acid (vitamin B5) 4mg	67
Vitamin D2 (50iu)	1.25µg 25	Calcium	25mg 3
Vitamin E (10iu)	6.67mg α-TE 56	Iron	2mg 14
Vitamin C	80mg 100	Magnesium	22mg 5
Thiamin (vitamin B1)	3mg 273	Zinc	2mg 20
Riboflavin (vitamin B2)	4mg 286	Iodine (from Kelp)	60µg 40
Niacin (vitamin B3)	4mg NE 25	Selenium	5µg 9
Vitamin B6	3mg 214	Manganese	0.5mg 25
Folic acid	15µg 8	Chromium	5µg 12.5
Vitamin B12	2µg 80	Silicon	5mg
Biotin	15µg 30		

*RDA = Recommended Daily Allowance (new 2009 values)

May not be suitable for people with a fish or crustacean allergy.

DOES NOT CONTAIN: sucrose, salt, wheat, gluten, yeast, lactose, dairy products, animal products, artificial preservatives, colours, or flavourings.

This bottle has a UV filter.

Suitable for vegetarians and vegans.

This product is not tested on animals.



Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

DINOCHEWS

CHILDREN'S CHEWABLE

vitamin and
mineral formula
with natural flavours

180 tablets

VEGETARIAN
FOOD SUPPLEMENT

DINOCHEWS

180 tablets

children's vitamin and mineral formula
with sugar and sweetener

(sugar is fructose)

DIRECTIONS: chew 3 tablets a day (children over 10 years); chew 2 tablets a day (children aged 7-9 years); chew 1 tablet a day (children aged 4-6 years); or crush and sprinkle on desserts. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Contains vitamin A. Do not take if pregnant or planning pregnancy.

Contains iron which, if taken in excess, may be harmful to very young children.

These tablets are not sweets. Ensure they are kept out of sight and reach of children.

Total content of iron per bottle is 360mg.

B vitamins may turn urine bright yellow - this is normal.

INGREDIENTS: Fructose, sweetener: sorbitol; raspberry, bulking agent: natural *Lithothamnion calcarea*; sodium ascorbate, magnesium oxide, apricot, blackcurrant juice, beetroot juice concentrate, ascorbic acid, thickener: carrageenan; d-alpha tocopherol acetate, flow agent: magnesium stearate*; cranberry juice, riboflavin, niacinamide, thiamine mononitrite, pyridoxine HCl, ferrous fumarate, natural kelp, anti-caking agent: silicon dioxide; zinc citrate, raspberry flavour, calcium d-pantothenate, silicon dioxide, blackcurrant flavour, vitamin A acetate*, cyanocobalamin, manganese citrate, d-biotin, l-selenomethionine, folic acid, ergocalciferol*, chromium picolinate. * (non-animal source)

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

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