

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.

Contains Vitamin A. Do not take if pregnant or planning pregnancy. **These tablets are not sweets. Ensure they are kept out of sight and reach of children.** B vitamins may turn urine bright yellow – this is normal.

Suitable for vegetarians and vegans.

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

Charitable organisations policy: supplements regularly donated



DINOCHIEWS 30 tablets

children's vitamin and mineral formula DCH030
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.

INGREDIENTS: Fructose, sweetener: sorbitol; raspberry, bulking agent: natural Lithothamnion calcareum; sodium ascorbate, magnesium oxide, apricot, blackcurrant juice, beetroot juice concentrate, ascorbic acid, thickeners: 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)

This bottle has a UV filter.

This product is not tested on animals.

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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