

ALTRUM[®]



Children's Chewable Multi

Multi-Vitamin Supplement 90 Tablets

Supplement Facts

Serving Size 3 tablets

Servings per Container 30

	Amount per Serving	% Daily Value
Vitamin A (as beta carotene and retinyl palmitate)	2500 IU	50%*
Vitamin C (as ascorbic acid and calcium ascorbate)	100 mg	167%*
Vitamin D (as cholecalciferol)	200 IU	50%*
Vitamin E (as d-alpha tocopherol acetate)	30 IU	100%*
Vitamin K (as phyloquinone)	2 mcg	3%*
Thiamin (as thiamine mononitrate)	5 mg	333%*
Riboflavin	3 mg	176%*
Niacin (as niacinamide)	20 mg	100%*
Vitamin B6 (as pyridoxine HCl)	5 mg	250%*
Folic Acid	400 mcg	100%*
Vitamin B12 (as cyanocobalamin)	10 mcg	167%*
Biotin	200 mcg	67%*
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%*
Calcium (as calcium carbonate and ascorbate)	50 mg	5%*
Iron (as ferrous fumarate)	5 mg	28%*
Iodine (as potassium iodide)	150 mcg	100%*
Magnesium (as magnesium oxide)	50 mg	13%*
Zinc (as zinc gluconate)	5 mg	33%*
Selenium (as selenium AAC)	20 mcg	29%*
Copper (as copper citrate)	0.3 mg	15%*
Manganese (as manganese AAC)	3 mg	150%*
Chromium (as chromium AAC)	20 mcg	17%*
Molybdenum (as molybdenum glycinate chelate)	5 mcg	7%*
Citrus Bioflavonoid Complex	10 mg	**
Cranberry extract (fruit)	5 mg	**
PABA (Para amino benzoic acid)	2 mg	**
Vanadium (as vanadium AAC)	10 mcg	**

* Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Dextrose, sugar, vegetable oil, natural and artificial flavors, fructose, calcium stearate, silicon dioxide, grape juice.

Suggested Use: For children between the ages of 1 and 4 years of age, take three tablets daily. For children over the age of 4 (and adults), take three tablets daily, not to exceed 6 tablets per day.

WARNING: Accidental overdose of iron-containing products is the 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.

Distributed by
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