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DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY. For more information, call toll-free 1-877-SOLGAR 4



NATURAL
TROPICAL PUNCH
FLAVOR!

60 CHEWABLE TABLETS
DIETARY SUPPLEMENT

KANGAVITES®

COMPLETE

MULTIVITAMIN & MINERAL

CHILDREN'S FORMULA



only
1g of sugar
per serving

CAREFULLY MANUFACTURED BY:
SOLGAR VITAMIN AND HERB, 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size
Servings Per Container

1 Tablet
60

2 Tablets
30

Amount per serving

1 Tablet
Years of Age

%DV for Children
2 and 3

%DV for Adults
and Children 4
and Older

Amount per serving	1 Tablet Years of Age	%DV for Children 2 and 3	%DV for Adults and Children 4 and Older
Calories.....	5		10
Total Carbohydrate.....	1 g	<1%*	2 g.....<1%*
Sugars.....	<1 g	**	1 g.....**
Sugar Alcohol.....	<1 g	**	<1 g.....**
Vitamin A (as palmitate, 80% as natural beta-carotene)	2,500 IU	100%	5,000 IU.....100%
Vitamin C (as sodium ascorbate)	60 mg	150%	120 mg.....200%
Vitamin D (as ergocalciferol)	100 IU	25%	200 IU.....50%
Vitamin E (as D-alpha-tocopheryl succinate)	15 IU	150%	30 IU.....100%
Thiamin (as thiamin mononitrate)	0.75 mg	107%	1.5 mg.....100%
Riboflavin	0.85 mg	106%	1.7 mg.....100%
Niacin (as niacinamide)	10 mg	111%	20 mg.....100%
Vitamin B6 (as pyridoxine HCl)	1 mg	143%	2 mg.....100%
Folic Acid	100 mcg	50%	200 mcg.....50%
Vitamin B12 (as cobalamin)	3 mcg	100%	6 mcg.....100%
Biotin	50 mcg	33%	100 mcg.....33%
Pantothenic Acid (as D-calcium pantothenate)	5 mg	100%	10 mg.....100%
Calcium (as calcium carbonate)	64 mg	8%	128 mg.....13%
Iron (as ferrous fumarate)	2.5 mg	25%	5 mg.....28%
Iodine (as potassium iodide)	22.5 mcg	32%	45 mcg.....30%
Magnesium (as magnesium oxide)	32 mg	16%	64 mg.....16%
Zinc (as zinc oxide)	1.5 mg	19%	3 mg.....20%
Selenium (as L-selenomethionine)	2.5 mcg	**	5 mcg.....7%
Copper (as copper gluconate)	0.025 mg	3%	0.05 mg.....3%
Manganese (as manganese sulfate)	0.25 mg	**	0.5 mg.....25%
Chromium (as chromium chelate)	5 mcg	**	10 mcg.....8%
Potassium (as potassium chloride)	5 mg	**	10 mg.....<1%
Choline (as choline bitartrate)	0.5 mg	**	1 mg.....**
Natural Blend (Soy Lecithin, Carrot Powder, Strawberry Fruit Powder, Apple Fruit Powder, Broccoli Powder, Apricot Fruit Powder, Citrus Bioflavonoids, Inositol, Rose Hips [fruit])	10 mg	**	20 mg.....**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Sucrose, Fructose, Mannitol, Microcrystalline Cellulose, Red Beet Powder (color), Natural Flavors, Xylitol, Carrageenan, Citric Acid, Malic Acid, Vegetable Cellulose, Xanthan Gum, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid. **Contains soy.**

SUGGESTED USE: Children 2 and 3 Years: As a dietary supplement for children, take one (1) chewable tablet daily, or as directed by a healthcare practitioner. Adults and Children 4 Years and Older: As a dietary supplement for adults and children, take two (2) chewable tablets daily, or as directed by a healthcare practitioner.

Solgar's Kangavites Complete Chewable Tablets are free of dairy products and are formulated without the use of artificial preservatives, flavors or colors.

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.

If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Not formulated for use in children under two years of age. **Keep out of reach of children.**

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

+ With other natural flavors.

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