

SUGGESTED USE A delicious Vitamin-Mineral Supplement drink for children 2–12 years of age. Provide to your child as follows or as recommended by a health care professional:

- **Two to four years old:** One serving daily.
- **Four to eight years old:** One to two servings daily.
- **Eight to twelve years old:** One to four servings daily.

Mix a level scoop of **Children's Complete** with 4-8 ounces of water. Use more or less water to achieve the desired taste. You can also make a healthy, delicious smoothie by blending with juice, yogurt, ice and/or frozen fruit (berries, banana, etc.). **For answers to questions about the use of this product call 800.808.7311.**

Store tightly closed in a cool, dry, dark place. No need to refrigerate. Keep out of the reach of children.

This package contains the full weight indicated on the label. Settling of contents can occur during shipment.

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Andrew Lessman
Founder of PROCAPS LABS



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430 Parkson Road • Henderson, NV 89011

CHILDREN'S COMPLETE™

VITAMIN & MINERAL DRINK

23 ESSENTIAL VITAMINS & MINERALS

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS



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19 oz (1.2 lb) (540 g) • 30 Servings

Andrew Lessman's Children's Complete Vitamin and Mineral Drink is designed as a healthy alternative to the chemical additives, artificial colors, artificial flavors and artificial sweeteners present in most children's vitamins. It is a great tasting concentrated source of your child's daily vitamins and minerals. Each serving delivers 100% or more of the daily requirement for 10 essential vitamins, including Vitamins C, B1, B2 and B12, along with 40-70% of the daily requirement for all other vitamins, plus 20-50% of the requirement of 10 essential minerals. It delivers

400 mg of super soluble calcium for your child's healthy bones, since calcium intake during childhood is more important than at any other time of life. Childhood is that unique, once in a lifetime opportunity to build strong healthy bones that can last a lifetime. Children are finicky eaters eating what "tastes" good rather than what is good for them, so their growing bodies generally require the support of a multi-vitamin-mineral. Because it is formulated for children and their unique sensitivities, **Children's Complete** contains no artificial colors, no artificial flavors and no artificial sweeteners. It is naturally lemon flavored and naturally sweetened. We use sophisticated forms of minerals to maximize solubility and absorption without grittiness or bitterness. We know that if **Complete** doesn't taste great, your kids won't enjoy its benefits. Research has shown that a child's nutrient intake is not just vital for growth, but also critical for virtually every metabolic process, including brain function, concentration and learning. Nowadays, a multivitamin just makes sense, since it is all but impossible for even the best parent to ensure that their children always get the nutrients they need from food alone. **Children's Complete** is a delicious and easy way to ensure that your kids get the nutrients they need without the artificial chemical additives so abundant in the leading children's vitamins.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NO ARTIFICIAL COLORS. NO ARTIFICIAL FLAVORS.
NO ARTIFICIAL SWEETENERS.

Supplement Facts		Ages 2-4	Over 4 Years
Serving Size		1 Scoop (18g)	2 Scoops (36g)
Servings Per Container		30	15
		1 Scoop (18g)	2 Scoops (36g)
Amount Per Serving		%DV* for Children Under 4 Years of Age	%DV* for Adults and Children 4 or More Years of Age
Calories		60	120
Total Carbohydrate		15 g 5%	30 g 10%
Sugars		15 g †	30 g †
Vitamin A (as vitamin A palmitate)		1000 IU 40%	2000 IU 40%
Vitamin C (as calcium ascorbate)		60 mg 150%	120 mg 200%
Vitamin D3 (as cholecalciferol)		200 IU 50%	400 IU 100%
Vitamin E (as d-alpha tocopheryl acetate)		15 IU 150%	30 IU 100%
Vitamin K1 (as phytonadione)		10 mcg †	20 mcg 25%
Vitamin B1 (as thiamin hydrochloride)		1.5 mg 214%	3 mg 200%
Vitamin B2 (as riboflavin)		1.7 mg 213%	3.4 mg 200%
Niacin (as niacinamide/chromium nicotinate)		10 mg 111%	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride)		1 mg 143%	2 mg 100%
Folic Acid		200 mcg 100%	400 mcg 100%
Vitamin B12 (as cyanocobalamin)		6 mcg 200%	12 mcg 200%
Biotin		100 mcg 67%	200 mcg 67%
Pantothenic Acid (as calcium pantothenate)		5 mg 100%	10 mg 100%
Calcium (as calcium citrate/citrate-malate/ascorbate/pantothenate)		400 mg 50%	800 mg 80%
Iron (as iron sulfate)		2 mg 20%	4 mg 22%
Iodine (as potassium iodide)		30 mcg 43%	60 mcg 40%
Magnesium (as magnesium oxide)		40 mg 20%	80 mg 20%
Zinc (as zinc citrate)		2 mg 25%	4 mg 27%
Selenium (as sodium selenite)		15 mcg †	30 mcg 43%
Copper (as copper citrate)		200 mcg 20%	400 mcg 20%
Manganese (as manganese citrate)		300 mcg †	600 mcg 30%
Chromium (as chromium nicotinate)		15 mcg †	30 mcg 25%
Molybdenum (as molybdenum glycinate)		10 mcg †	20 mcg 27%
Boron (as potassium borate)		100 mcg †	200 mcg †

* Percent Daily Values (%DV) are based on a 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Fructose, Citric Acid and Natural Citrus Flavoring.