

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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CHILDREN'S COMPLETE[™]

VITAMIN & MINERAL DRINK

23 ESSENTIAL VITAMINS & MINERALS

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS



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 grape 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

Serving Size Servings Per Container	Ages 2-4 1 Scoop (18g) 30		Over 4 Years 2 Scoops (36g) 15	
	1 Scoop (18 g)	%DV* for Children Under 4 Years of Age	2 Scoops (36 g)	%DV* for Adults and Children 4 or More Years of Age
Amount Per Serving				
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, Natural Grape Flavoring and Natural Coloring.