

Children's Multi-Vi-Min[®]

Small capsule size ("3") for easy swallowing, suitable for children, and for adults who have problems swallowing capsules. Vitamin C was purposely left out of this formula because of its ability to enhance iron absorption.*

Suggested Use

As a dietary supplement, 1 capsule daily per ten pounds of body weight, taken with meals, or as directed by a healthcare practitioner. For children under the age of 4, please consult your healthcare practitioner before use. Keep in a cool, dry place, tightly capped.

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 a poison control center immediately.

Formulated exclusively for Allergy Research Group[®]

Alameda, CA, 94502 www.allergyresearchgroup.com Phone: 510.263.2000 Rev. 003



*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.

AllergyResearchGroup[®]

Children's Multi-Vi-Min[®]



dietary supplement

HYPOALLERGENIC

150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Vitamin A (as Retinyl Palmitate)	800 IU 16%	Iron (as Ferric Ammonium Citrate)	0.7 mg 4%
Vitamin D3 (as Cholecalciferol)	50 IU 13%	Magnesium (as Magnesium Citrate)	10 mg 3%
Vitamin E (as DL-alpha-Tocopheryl Acetate)	16 IU 53%	Zinc (as Zinc Citrate)	1.1 mg 7%
Thiamine (as Thiamine Hydrochloride)	4 mg 267%	Selenium (as Sodium Selenite)	8 mcg 11%
Riboflavin (as Riboflavin-5-Phosphate)	2 mg 118%	Copper (as Copper Bisglycinate)	60 mcg 3%
Niacin (as Niacinamide)	2 mg 10%	Manganese (as Manganese Citrate)	0.6 mg 30%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate)	6.2 mg 310%	Chromium (as Picolinate)	16 mcg 13%
Folic Acid	12 mcg 3%	Molybdenum (as Sodium Molybdate)	8 mcg 11%
Vitamin B12	32 mcg 533%	Potassium (as Potassium Chloride)	4 mg <1%
Biotin	16 mcg 5%	Glutamic Acid	8 mg *
Pantothenic Acid (as Calcium Pantothenate)	20 mg 200%		
Calcium (as Calcium Citrate)	10 mg 1%		

* Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.