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.

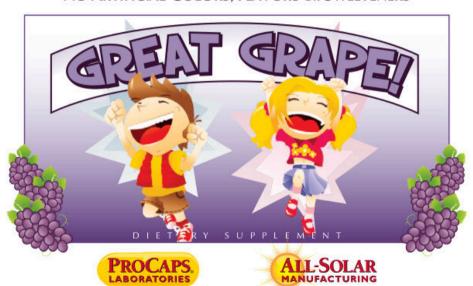
This package is sold by weight, not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.



## **CHILDREN'S** VITAMIN & MINERAL DRINK

23 ESSENTIAL VITAMINS & MINERALS

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS



57 oz (3.6 lb.) (1.6 kg) • 90 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. These statements have 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  Amount Per Serving	Ages 2-4 1 Scoop (18g) 90		Over 4 Years 2 Scoops (36g) 45	
	Calories	60		120
Total Carbohydrate	15 g	†	30 g	10%
Sugars	15 g	1	30 g	t
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 K-1 (as phytonadione)	10 mc	g †	20 mc	g 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 mc	g 100%	400 mc	g 100%
Vitamin B12 (as cyanocobalamin)	6 mc	g 200%	12 mc	g 200%
Biotin	100 mc	g 67%	200 mc	g 67%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%	10 mg	100%
Calcium (as calcium citrate/citrate-malate/ascorb	400 mg ate)	50%	800 mg	80%
Iron (as iron sulfate)	2 mg	20%	4 mg	22%
lodine (as potassium iodide)	30 mc	g 43%	60 mc	g 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 mc	g t	30 mc	g 43%
Copper (as copper citrate)	200 mc	g 20%	400 mc	100 10000000000000000000000000000000000
Manganese (as manganese citrate)	300 mc	g t	600 mc	g 30%
Chromium (as chromium nicotinate)	15 mc	g t	30 mc	g 25%
Molybdenum (as molybdenum glycinate)	10 mc		20 mc	g 27%
Boron (as potassium borate)	100 mc		200 mc	
* Percent Daily Values (% DV) are based on a 2,000 of			ue not establish	

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