



**Vegetarian
Formula**



Little Buddies[®] Complete

**Children's
Chewable
Delicious
Cocoa/Carob Flavor**

**VITAMINS AND
MINERALS
NO PRESERVATIVES**

Dietary Supplement

60 Chewable Tablets



Supplement Facts

Serving Size	1 Tablet	2 Tablets
Servings Per Container:	60	30
Amount Per Serving	%Daily Value for Children 4 to Under 12 Years of Age	%Daily Value for Children 12 Years of Age and Older
Calories	5	10
Total Carbohydrate	1 g	<1%*
Sugars	1 g	2 g
Vitamin A (as Retinyl Palmitate, Beta-Carotene)	2,500 IU 50%	5,000 IU 100%
Vitamin C (as Calcium Ascorbate)	60 mg 100%	120 mg 200%
Vitamin D (as Cholecalciferol)	200 IU 50%	400 IU 100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	15 IU 50%	30 IU 100%
Vitamin K (as Phylloquinone)	1 mcg 1%	2 mcg 3%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	0.75 mg 50%	1.5 mg 100%
Riboflavin (Vitamin B-2)	0.85 mg 50%	1.7 mg 100%
Niacin (as Niacinamide)	10 mg 50%	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	1 mg 50%	2 mg 100%
Folic Acid	200 mcg 50%	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	3 mcg 50%	6 mcg 100%
Biotin (as d-Biotin)	150 mcg 50%	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	7 mg 70%	14 mg 140%
Calcium (as Calcium Carbonate, Calcium Citrate, Calcium Ascorbate)	125 mg 13%	250 mg 25%
Iron (as Ferrous Fumarate)	2 mg 11%	4 mg 22%
Iodine (as Potassium Iodide, Kelp)	12.8 mcg 9%	25.6 mcg 17%
Magnesium (as Magnesium Oxide, Magnesium Ascorbate)	50 mg 13%	100 mg 25%

Other Ingredients: Sucrose, Dextrose, Fructose, Sweet Whey, Cellulose (Plant Origin), Cocoa Powder, Glycides of Stearic and Palmitic Acids, Non-Fat Dried Milk, Natural Flavors, Carob Bean Powder, Dried Honey Powder, Vegetable Magnesium Stearate, Carrageenan, Guar Gum, Natural Pure Cream Extract, Silica, Mannitol.

Contains milk and soy ingredients.

Directions: Children over 4 years of age but under 12 years of age: Chew one (1) tablet daily. Children 12 years of age and older: Chew two (2) tablets daily. As a reminder, discuss the supplements and medications you take with your health care providers.

FREE OF: yeast, wheat, preservatives, artificial color, sodium (less than 5 mg per serving).

TAMPER RESISTANT: Do not use if seal under cap is broken or missing. Store in a dry place and avoid excessive heat.

Amount Per Serving	%Daily Value for Children 4 to Under 12 Years of Age		%Daily Value for Children 12 Years of Age and Older	
Zinc (as Zinc Amino Acid Chelate)	3.75 mg	25%	7.5 mg	50%
Selenium (as Selenomethionine)	7.5 mcg	11%	15 mcg	21%
Copper (as Copper Gluconate)	0.5 mg	25%	1 mg	50%
Manganese (as Manganese Gluconate)	0.48 mg	24%	0.96 mg	48%
Chromium (as Chromium Polynicotinate)	7.5 mcg	6%	15 mcg	13%
Molybdenum (as Sodium Molybdate)	5 mcg	7%	10 mcg	13%
Boron (as Calcium Borogluconate)	5 mcg	**	10 mcg	**
Vanadium (as Vanadyl Sulfate)	2.5 mcg	**	5 mcg	**
Nickel (as Nickelous Sulfate)	1 mcg	**	2 mcg	**
Tin (as Tin Chloride)	1 mcg	**	2 mcg	**
Choline Phosphatides (as Lecithin)	4.5 mg	**	9 mg	**
Inositol Phosphatides (as Lecithin)	2.5 mg	**	5 mg	**
Rutin	2.5 mg	**	5 mg	**
Green Barley Juice Powder	1.5 mg	**	3 mg	**
Chlorella Powder	1.5 mg	**	3 mg	**
Spirulina Powder	2.5 mg	**	5 mg	**
Alfalfa Juice Powder	2.5 mg	**	5 mg	**
Rice Bran Powder	5 mg	**	10 mg	**
Carrot Juice Powder	2.5 mg	**	5 mg	**
Natural Licorice Root	2 mg	**	4 mg	**

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

**Daily Value not established.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you have Wilson's disease. Discontinue use and consult your doctor if any adverse reactions occur. **THIS PRODUCT IS INTENDED FOR USE BY CHILDREN UNDER ADULT SUPERVISION.**

KEEP OUT OF REACH OF CHILDREN.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.



Carefully Manufactured for
**Good 'N Natural
Manufacturing Corp.**
Holbrook, NY 11741 U.S.A.

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