

**Suggested Usage:** Children age 4 and up:  
Take 2 chewables daily with food.  
Children 1-3 years of age: Take 1 or 2  
chewables daily with food.

**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 poison control  
center immediately.

**Caution:** Consult physician  
if child is taking medication  
or has a medical condition.  
Contains Xylitol, do not feed  
to pets.

**Do Not Eat Freshness Packet.**  
Keep in Bottle.

Keep Bottle  
Tightly Sealed.

Store in a cool, dry  
place after opening.  
Please Recycle.



*Sweetened with  
Xylitol and Stevia*

**120 Chewables**

**A Dietary Supplement Vegetarian/Vegan**

## Vitamins

*Family owned since 1968.*

### Supplement Facts

Serving Size 2 Chewable Tablets Servings Per Container 60

|                                                                  | Amount<br>Per Serving | %Daily Value<br>for Children<br>Under 4 yrs. | %Daily Value<br>for Children<br>Over 4 yrs. |
|------------------------------------------------------------------|-----------------------|----------------------------------------------|---------------------------------------------|
| Calories                                                         | 5                     |                                              |                                             |
| Total Carbohydrate                                               | 2 g                   | †                                            | < 1%*                                       |
| Sugars                                                           | 0 g                   | †                                            | †                                           |
| Xylitol                                                          | 2 g                   | †                                            | †                                           |
| Vitamin A (60% as Retinyl Palmitate<br>and 40% as Beta-Carotene) | 5,000 IU              | 200%                                         | 100%                                        |
| Vitamin C (as Ascorbic Acid)                                     | 60 mg                 | 150%                                         | 100%                                        |
| Vitamin D (as Ergocalciferol)                                    | 200 IU                | 50%                                          | 50%                                         |
| Vitamin E<br>(as d-alpha Tocopheryl Succinate)                   | 30 IU                 | 300%                                         | 100%                                        |
| Thiamin (Vitamin B-1) (from Thiamin HCl)                         | 1.5 mg                | 214%                                         | 100%                                        |
| Riboflavin (Vitamin B-2)                                         | 1.7 mg                | 213%                                         | 100%                                        |
| Niacin (Vitamin B-3) (as Niacinamide)                            | 20 mg                 | 222%                                         | 100%                                        |
| Vitamin B-6 (from Pyridoxine HCl)                                | 2 mg                  | 286%                                         | 100%                                        |
| Folate (as Folic Acid)                                           | 400 mcg               | 200%                                         | 100%                                        |
| Vitamin B-12 (as Cyanocobalamin)                                 | 6 mcg                 | 200%                                         | 100%                                        |
| Biotin                                                           | 300 mcg               | 200%                                         | 100%                                        |
| Pantothenic Acid<br>(from Calcium Pantothenate)                  | 10 mg                 | 200%                                         | 100%                                        |
| Calcium (from Cal. Citrate and Carbonate)                        | 20 mg                 | 3%                                           | 2%                                          |
| Iron (from Ferrochel® Ferrous Bisglycinate)<br>(TRAACS®)         | 5 mg                  | 50%                                          | 28%                                         |
| Iodine (from Potassium Iodide)                                   | 150 mcg               | 214%                                         | 100%                                        |
| Magnesium (from Magnesium Citrate)                               | 10 mg                 | 5%                                           | 3%                                          |
| Zinc (from Zinc Bisglycinate) (TRAACS®)                          | 3 mg                  | 38%                                          | 20%                                         |
| Manganese (from Mang. Bisglycinate)<br>(TRAACS®)                 | 0.1 mg                | †                                            | 5%                                          |

|                                               |         |   |      |
|-----------------------------------------------|---------|---|------|
| Chromium (from Chromium Picolinate)           | 120 mcg | † | 100% |
| Molybdenum (from Sodium Molybdate)            | 75 mcg  | † | 100% |
| Potassium (from Potassium Chloride)           | 5 mg    | † | < 1% |
| Choline (from Choline Bitartrate)             | 2 mg    | † | †    |
| Inositol                                      | 2 mg    | † | †    |
| PABA                                          | 2 mg    | † | †    |
| Lutein (from Marigold Extract)<br>(FloraGLO®) | 500 mcg | † | †    |
| Lycopene (from Natural Tomato Extract)        | 500 mcg | † | †    |

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Cellulose, Coconut Oil Powder,  
Stearic Acid (vegetable source), Beet Powder, Xanthan  
Gum, Natural Flavors, Malic Acid, Silica, Magnesium  
Stearate (vegetable source), BetterStevia® [Organic  
Stevia Extract (Leaf)] and Purified Stevia Extract (Leaf).  
Contains soy and coconut oil powder.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, milk, egg, fish  
or shellfish ingredients. Produced in a GMP facility that  
processes other ingredients containing these allergens.  
U.S. Patent 7,838,042 and patents pending, and  
the trademark TRAACS® are used under license  
from Albion Laboratories, Inc.; Ferrochel® is a  
registered trademark of Albion Laboratories, Inc.;  
FloraGLO® is a registered trademark of Kemin  
Industries, Inc.

Natural color variation may occur in this product.  
Tablet speckling which may occur is normal  
and does not affect product quality or  
nutritional value.



CODE 3882B v8