Children have special dietary needs. CHILDREN'S COMPLETÉ delivers high potency vitamins and minerals providing children the nutritional assurance demand. With its parents pleasant taste and "easy to swallow" liquid form, kids prefer CHILDREN'S COMPLETE to pills

DIRECTIONS: SHAKE WELL BEFORE EACH USE, REFRIGERATE AFTER OPENING, BEST IF USED WITHIN 45 DAYS FROM OPENING. Children ages 4-12 take 2 tablespoons daily as a nutritional supplement, preferably with meals. May be taken undiluted or mixed with your favorite beverage. Do not take on an empty stomach.

and capsules.*

CHILL BEFORE SERVING

This product is wheat, gluten, yeast and dairy free.

CAUTION: Pregnant and nursing women should check dosage with their healthcare professional. Keep out of reach of children. Contains Sov.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure



VEGETARIAN SAFE

Liquid Nutrients

Gluten, Wheat, Yeast & Dairy FREE

Dally Vitamin & Mineral

Whole Food Complex • 16 FL OZ (473 ml) **Dietary Supplement**

Supplement Facts Serving Size: 2 Tbsp. (30 mL) Servings per Container: 16

Servings per Container: 10		
Amount p	er Serving	%DV*
Calories	28	
Carbohydrates	7 g	2%*
Sugars	2 g	†
Vitamin A (beta carotene)	5,000 IU	100%
Vitamin C (ascorbic acid)	120 mg	200%
Vitamin D (ergocalciferol)	400 IU	100%
Vitamin E (d-alpha tocopheryl)	30 IU	100%
Vitamin B-1 (thiamin)	5 mg	333%
Vitamin B-2 (riboflavin)	5 mg	294%
Niacin (niacinamide)	20 mg	100%
Vitamin B-6 (pyroxidine HCL)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (methylcobalamin		250%
Biotin	300 mcg	100%
Pantothenic Acid (d-calcium pantothenat	e) 15 mg	150%
Calcium (citrate)	200 mg	20%
Iron (ferrous fumarate)	10 mg	55%
Iodine (potassium)	75 mcg	50%
Magnesium (aspartate)	100 mg	25%
Zinc (gluconate)	10 mg	130%
Selenium (chelate)	5 mcg	7%
Copper (gluconate)	200 mcg	10%
Manganese (citrate)	2 mg	100%
Chromium (picolinate)	10 mcg	8%
Molybdenum (sodium molybda	te) 2 mcg	3%
Potassium (citrate)	5 mg	<1%
Choline Bitartrate	10 mg	†
Inositol	10 mg	†
Bioflavonoid Complex	10 mg	†
Paba (para-aminobenzoic acid)	5 mg	†

* Percentage of Daily Value based on a 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Pure mountain water, white grape juice, apple. mixed berry and other natural flavors, vegetable glycerine, citric acid, potassium sorbate (to ensure freshness), nisin (naturally ensures freshness) and polylysine (natural preservative).