

DIRECTIONS: Chew one tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN. Protect from heat, light and moisture. Store at 15-30C (59-86F).

DO NOT PURCHASE IF SEAL IS BROKEN.

BITE-A-MINS **with IRON**

CHILDREN'S CHEWABLE VITAMINS

COMPARE TO FLINTSTONES PLUS IRON®†



DELICIOUS ANIMAL SHAPES

DIETARY SUPPLEMENT
90 CHEWABLE TABLETS

NO starch, milk, wheat
or preservatives

Supplement Facts

Serving Size: 1 chewable tablet

	Amount Per Serving	% Daily Value for Children Under 4 Years of Age	% Daily Value 4 or more Years of Age
Total carbohydrate	<1 g	*	<1 [†]
— Sugars	<1 g	*	*
Vitamin A	2,500 IU	100	50
— (as retinyl acetate)			
Vitamin C (as ascorbic acid 60 mg and sodium ascorbate)		150	100
Vitamin D	400 IU	100	100
— (as cholecalciferol)			
Vitamin E	15 IU	150	50
— (as dl-alpha-tocopheryl acetate)			
Vitamin B1	1.05 mg	150	70
— (as thiamin mononitrate)			
Vitamin B2 (as riboflavin)	1.2 mg	150	71
Niacin (as niacinamide)	13.5 mg	150	68
Vitamin B6	1.05 mg	150	53
— (as pyridoxine HCl)			
Folate (as folic acid)	300 mcg	150	75
Vitamin B12	4.5 mcg	150	75
— (as cyanocobalamin)			
Iron (as ferrous fumarate)	15 mg	150	83

*Daily Value not established. [†]Percent values are based on 2,000 calorie diet.

Other ingredients: sucrose, mannitol, natural and artificial flavors, stearic acid, silica, turmeric color (orange and yellow only), magnesium stearate, salt and carmine color (red and orange only).

† Flintstones Plus Iron® is a registered trademark of Bayer Corporation, Consumer Care Division, Morristown, NJ 07960.

MADE IN THE U.S.A.

Manufactured by Windmill™ Health Products
West Caldwell, NJ 07006



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.