



Tropical Punch Flavor

**DIRECTIONS:** For children ages 4 and up, pour one (1) packet into 4-6 oz. of water once daily. Stir or Shake.

### Supplement Facts

Serving Size 1 Packet (6.5 g)  
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	20	
Total Carbohydrate	4 g	1%**
Sugars	4 g	***
Vitamin C (as Ester-C® Calcium Ascorbate)	250 mg	417%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	0.38 mg	25%
Riboflavin (Vitamin B-2) (as Riboflavin 5' Phosphate)	0.43 mg	25%
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folic Acid	30 mcg	8%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Pantothenic Acid (as d-Calcium Pantothenate)	2.5 mg	25%
Calcium (as Calcium Carbonate and Ester-C® Calcium Ascorbate)	110 mg	11%
Magnesium (as Magnesium Hydroxide and Magnesium Carbonate)	58 mg	15%
Zinc (as Zinc Gluconate)	2 mg	13%
Chloride (as Sodium Chloride)	87 mg	3%
Sodium	65 mg	3%

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

**Other Ingredients:** Fructose, Citric Acid, Natural Flavors, Malic Acid, Beet Juice Color, Stevia Leaf Extract, Silica.

**No** Gluten, **No** Yeast, **No** Wheat, **No** Dairy, **No** Lactose, **No** Soy, **No** Egg, **No** Grapefruit, **No** Preservatives, **No** Artificial Color, **No** Artificial Flavor, **No** Artificial Sweetener, **No** Peanuts, **No** Tree Nuts, **No** Fish. **Non-GMO, 100% Vegetarian/Vegan.**

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. This product requires adult supervision and is not to be dispensed by children. Store at room temperature. Do not use if packet is torn or open.

**KEEP OUT OF REACH OF CHILDREN**

03B B67899

Product No. 58890

Ester-C® Kidstiks are the super-easy way to support your child's immune health and help them get the essential nutritional support they need every day... all in a delicious Tropical Punch flavored powder packet.\* Just mix one non-effervescent Kidstik with 4-6 fl. oz. of water and your youngster is good to go!

With Ester-C® Kidstiks, you can be sure that behind every kid-lovin' serving is Ester-C®, a patented Vitamin C formula. Ester-C® supports immune health and delivers potent antioxidant benefits that growing bodies need.\* Along with essential vitamins like B-6 and B-12 to naturally support energy metabolism, vital electrolytes to aid in hydration, and key minerals including Calcium and Magnesium to help build strong teeth and bones... Ester-C® Kidstiks have got your child covered... 365 days a year.\*

### Ester-C® The Better Vitamin C®

Carefully Manufactured for **AMERICAN HEALTH, INC.**  
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\*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.

Ester-C®



# kidstiks

Multivitamin & Mineral Supplement



Tropical Punch

Daily Drink Mix Powder  
Gluten, Wheat & Dairy Free | Non-GMO

30 powder packets  
6.5 g (0.22 oz.)  
NET WT. 195 g  
(6.87 oz.)

AMERICAN HEALTH®