

PL555

NO PRESERVATIVES ADDED
NO GLUTEN†Flintstones® is a registered
trademark of Hanna-Barbera Pro-
ductions, Inc., Atlanta, GA 30340.
Tablets may darken if exposed to
direct sunlight or heat.

ACTUAL SIZE


Longs
WELLNESS

 Compare to
Flintstones® Complete†

CHILDREN'S CHEWABLE Multivitamins Complete

Naturally and
Artificially Flavored

Dietary Supplement



60 ANIMAL SHAPED TABLETS

USP has tested and verified ingredients, potency, and manufacturing
process. USP sets official standards for dietary supplements. See
www.uspverified.org

Supplement Facts

	Children 2 to 4 Years of Age 1/2 Tablet	Adults & Children 4 or More Years of Age 1 Tablet
Serving Size		
Servings Per Container	120	60
Each Tablet Contains	% Daily Value	% Daily Value
Total Carbohydrate	< 1 g0%*	< 1 g0%*
Sugars	< 0.5 g0%	< 0.5 g0%
Vitamin A (as Acetate and Beta Carotene)	1500 I.U.60%	3000 I.U.60%
Vitamin C	30 mg75%	60 mg100%
Vitamin D	200 I.U.50%	400 I.U.100%
Vitamin E	15 I.U.150%	30 I.U.100%
Thiamin (Vit. B1)	0.75 mg107%	1.5 mg100%
Riboflavin (Vit. B2)	0.85 mg106%	1.7 mg100%
Niacin	7.5 mg83%	15 mg75%
Vitamin B6	1 mg143%	2 mg100%
Folic Acid	200 mcg100%	400 mcg100%
Vitamin B12	3 mcg100%	6 mcg100%
Biotin	20 mcg13%	40 mcg13%
Pantothenic Acid	5 mg100%	10 mg100%
Calcium	50 mg6%	100 mg10%
Iron	9 mg90%	18 mg100%
Phosphorus	50 mg6%	100 mg10%
Iodine	75 mcg107%	150 mcg100%
Magnesium	10 mg5%	20 mg5%
Zinc	6 mg75%	12 mg80%
Copper	1 mg100%	2 mg100%

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

INGREDIENTS: Sorbitol, Dicalcium Phosphate, Magnesium Phosphate, Fructose, Stearic Acid, Xylitol, Mono- & Diglycerides, Ferrous Fumarate, Gelatin, Natural & Artificial Flavors (Cherry, Grape, Orange), Sodium Ascorbate, dl-Alpha Tocopheryl Acetate, Ascorbic Acid, Carrageenan, Magnesium Stearate, d-Calcium Pantothenate, Aspartame, Niacinamide, Zinc Oxide, Citric Acid, Corn Starch, Silicon Dioxide, Red 40 Lake, Magnesium Oxide, Yellow 6 Lake, Cupric Oxide, Hypromellose, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Blue 2 Lake, Hydroxypropyl Cellulose, Folic Acid, Lactose, Polyvinyl Pyrrolidone, Potassium Iodide, Beta Carotene, Biotin, Ergocalciferol, Cyanocobalamin.

Contains: Milk and Soy.

Phenylketonurics: Contains Phenylalanine.


 Distributed by Longs Drugs
Walnut Creek, CA 94596 ■■■
For further information contact
1-800-TO-LONGS or Longs.com

SUGGESTED USE: Children 2 to 4 years of age
chew one half tablet daily; adults and children over
4 years of age chew one tablet daily, preferably after
a meal.

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.

KEEP IN A COOL DRY PLACE, TIGHTLY
CLOSED.

Oil- and Water-soluble Vitamins with
Minerals Tablets USP.

FRESHNESS AND POTENCY GUARANTEED THROUGH:

LNG5950CR06