

Children's Multi-Vi-Min®

Small capsule size ("3") for easy swallowing, suitable for children, and for adults who have problems swallowing capsules. Vitamin C was purposely left out of this formula because of its ability to enhance iron absorption.*

Suggested Use

As a dietary supplement, 1 capsule daily per ten pounds of body weight, taken with meals, or as directed by a healthcare practitioner. For children under the age of 4, please consult your healthcare practitioner before use. Keep in a cool, dry place, tightly capped.

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 a poison control center immediately.

Formulated exclusively for Allergy Research Group®

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

AllergyResearchGroup®

Children's Multi-Vi-Min®



dietary supplement
HYPOALLERGENIC
150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Vitamin A (as Retinyl Palmitate) 800 IU	16%	Iron (as Ferric Ammonium Citrate)	
Vitamin D3 (as Cholecalciferol) 50 IU	13%		0.7 mg 4%
Vitamin E (as DL-alpha-Tocopheryl Acetate) 16 IU	53%	Magnesium (as Magnesium Citrate)	
Thiamine (as Thiamine Hydrochloride) 4 mg	267%		10 mg 3%
Riboflavin (as Riboflavin-5-Phosphate) 2 mg	118%	Zinc (as Zinc Citrate) 1.1 mg	7%
Niacin (as Niacinamide) 2 mg	10%	Selenium (as Sodium Selenite) 8 µg	11%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate) 6.2 mg	310%	Copper (as Copper Bisglycinate) 60 µg	3%
5-Methyltetrahydrofolate (from 22 µg [6S]-5-methyltetrahydrofolic acid, glucosamine salt) 12 µg	3%	Manganese (as Manganese Citrate)	
Vitamin B12 (as Methylcobalamin) 32 µg	533%		0.6 mg 30%
Biotin 16 µg	5%	Chromium (as Picolinate) 16 µg	13%
Pantothenic Acid (as Calcium Pantothenate) 20 mg	200%	Molybdenum (as Sodium Molybdate)	
Calcium (as Calcium Citrate) 10 mg	1%		8 µg 11%
		Potassium (as Potassium Chloride)	
			4 mg <1%
		Glutamic Acid	8 mg *

* Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.