



## CHILDREN'S CHEWABLE VITAMINS (100 TABS)



**Children's Chewable Vitamins** is a professional-use supplement that we recommend to children in our naturopathic practice. It is a good basic vitamin to ensure that the kids are getting their nutrients!

This great tasting chewable has flavors of orange and papaya-combination of vitamins, minerals, antioxidants and bioflavonoids in the proper ratio required by children for efficient utilization and for promoting overall health.

Deficiencies in vitamins and minerals will result in a compromised immune system and will have a direct impact on physiological and emotional health.

**Children's Chewable Vitamins** provides the cells and tissues with the optimal amount of nutrients necessary for the maintenance of a healthy immune system, and for colds and flus, ear and respiratory tract infections, and inflammations.

### RECOMMENDED DOSAGE:

**Children (1-3 years):** Chew one tablet daily with a meal, a few hours before or after taking other medications, or as recommended by your health care practitioner.

**Children (4 years and older):** Chew one tablet two times daily with meals, a few hours before or after taking other medications, or as recommended by your health care practitioner.

Risk Information: None known.

### EACH TABLET CONTAINS

Vitamin A (vitamin A acetate) . . . .	300 mcg RAE / 1000 IU
Vitamin C (ascorbic acid) . . . . .	50 mg
Vitamin D (cholecalciferol) . . . . .	5 mcg / 200 IU
Vitamin E (d-alpha tocopheryl succinate) . . .	5 mg AT / 7.5 IU
Thiamine (thiamine mononitrate) . . . . .	1 mg
Riboflavin . . . . .	0.5 mg
Niacinamide . . . . .	2.5 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	1 mg
Folate (folic acid) . . . . .	200 mcg
Vitamin B12 (cyanocobalamin) . . . . .	.5 mcg
Biotin . . . . .	50 mcg
Calcium (calcium aspartate) . . . . .	20 mg
Iron (ferrous fumarate) . . . . .	2.5 mg
Iodine (potassium iodide) . . . . .	35 mcg
Magnesium (magnesium oxide) . . . . .	20 mg
Zinc (zinc oxide) . . . . .	2.5 mg
Copper (copper aspartate) . . . . .	.250 mcg
Rutin (from <i>Sophora japonica</i> flower bud) . . . . .	5 mg
Rose ( <i>Rosa canina</i> ) Hips . . . . .	5 mg