

**Nature's Plus.**  
The Energy Supplements™

**Children's Chewable Multi-Vitamin  
& Mineral Food Supplement**

with Whole Food Concentrates

*Source of Life.*

NATURAL ASSORTED FLAVOURS  
CHERRY, ORANGE & GRAPE



GLUTEN Free

VEGETARIAN • 90 ANIMALS

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. SEE BOTTOM FOR "BEST BEFORE" DATE.

**Product Information**

Serving Size 2 Tablets, Servings Per Container 45

Amount Per Serving		% EC RDA*
Vitamin A (as beta carotene) (5000 IU)	500 µg RE**	63%
provided by: Beta carotene	3 mg	†
Vitamin D (as ergocalciferol) (400 IU)	10 µg	200%
Vitamin E (as d-alpha tocopheryl acetate) (30 IU)	20 mg α-TE	167%
Vitamin C (as ascorbic acid)	60 mg	75%
Thiamin (vitamin B1) (as thiamin HCl)	1.5 mg	136%
Riboflavin (vitamin B2)	1.7 mg	121%
Niacin (as niacinamide)	20 mg NE	125%
Vitamin B6 (as pyridoxine HCl)	2 mg	143%
Folic acid	10 µg	5%
Vitamin B12 (as cyanocobalamin)	6 µg	240%
Biotin	50 µg	100%
Pantothenic acid (as calcium pantothenate)	10 mg	167%
Potassium (as citrate)	1 mg	<1%
Calcium (as citrate; aqueous-blended calcium carbonate and hydrolyzed rice protein; tri-calcium phosphate)	20 mg	3%
Magnesium (as citrate; aqueous-blended magnesium oxide and hydrolyzed rice protein)	10 mg	3%
Iron (as ferrous gluconate; aqueous-blended ferrous sulfate and hydrolyzed rice protein)	5 mg	36%
Zinc (as citrate)	3 mg	30%
Copper (as citrate)	0.05 mg	5%
Manganese (as citrate)	0.05 mg	2.5%
Iodine (as potassium iodide, kelp)	100 µg	67%
Choline (as bitartrate)	10 µg	†
Inositol	10 µg	†
Apple Fruit	50 mg	†
Pineapple Fruit	50 mg	†
Sunflower Oil	20 mg	†

\*EC Recommended Daily Allowance. \*\*RE = Retinol Equivalents. †EC RDA has not been established. ‡No Recommended Nutritional Intake (RNI) has been established.

Ingredients: Fructose, natural cherry, orange and grape flavours, lubricant (magnesium stearate), calcium (as citrate; aqueous-blended calcium carbonate and hydrolyzed rice protein; tri-calcium phosphate), ascorbic acid, magnesium (as citrate; aqueous-blended magnesium oxide and hydrolyzed rice protein), apple fruit, pineapple fruit, iron (as ferrous gluconate; aqueous-blended ferrous sulfate and hydrolyzed rice protein), niacinamide, d-alpha tocopheryl acetate, sunflower oil, binding agent (guar gum), potassium iodide, kelp, calcium pantothenate, citric acid, zinc citrate, biotin, ergocalciferol, beta carotene, potassium citrate, pyridoxine hydrochloride, whole brown rice, spinach, rose hips, papaya, mango fruit, carrot, broccoli, natural colour, riboflavin, thiamin hydrochloride, cyanocobalamin, copper citrate, manganese citrate, choline bitartrate, folic acid and inositol.

Free from artificial colours and preservatives. Free from the common allergens yeast, wheat, soya and dairy.

**DIRECTIONS FOR USE:** As a food supplement for children two years and older, two chewable tablets once daily. Do not exceed recommended serving. Not a substitute for a varied diet.

**This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.**

Manufactured in an NSF GMP Certified Facility.  
Manufactured with LOVE ♥ by **Natural Organics Laboratories, Inc.**, makers of **Nature's Plus**  
Amityville, New York 11701, USA  
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