



GROWTH FUEL

RDA Table

Nutritional Information (Approx.)									
1 Gummy (5g) contains:									
Nutrients	Quantity (per Gummy)	%RDA [^]							
		5-6 years	7-9 years	10-12 years (Boys)	10-12 years (Girls)	13-15 years (Boys)	13-15 years (Girls)	16-18 years (Boys)	16-18 years (Girls)
Vitamin D3* [§]	200 IU	33.3	33.3	33.3	33.3	33.3	33.3	33.3	33.3
Calcium*	250 mg	45.5	38.5	29.4	29.4	25.0	25.0	23.8	23.8

[^]RDA% calculated as per ICMR'20 guidelines for Children.
^{*}Appropriate overages added.
[§] Plant source

Recommended Daily intake:

5 to 9 years: 2 Gummies a day

10 to 18 years: 3 Gummies a day