



IMMUNE FUEL

RDA Table

Nutritional Information (Approx.)

1 Gummy (3.2g) 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 C*	10 mg	28.6	22.2	18.2	20.0	14.3	15.4	11.8	14.3
Zinc*	2 mg	44.4	33.9	23.5	23.5	14.0	15.6	11.4	14.1
Beta glucan [~]	25 mg	-	-	-	-	-	-	-	-

[^]RDA% calculated as per ICMR'20 guidelines for Children.

*Appropriate overages added.

[~]RDA not established

Recommended Daily intake:

5 to 9 years: 2 Gummies a day

10 to 18 years: 3 Gummies a day