

Multivitamin & Mineral, with Probiotic Gummies

RDA Table

Nutritional Information (Approx.)											
	Quantity	%RDA*									
		5-6 years 1 gummy	7-9 years 1 gummy	Boys 10-12 years 1 gummy	Boys 10-12 years 2 gummies	Girls 10-12 years 1 gummy	Girls 10-12 years 2 gummies	Boys 13-15 years 1 gummy	Boys 13-15 years 2 gummies	Girls 13-15 years 1 gummy	Girls 13-15 years 2 gummies
PROBIOTICS											
Bacillus Coagulans MTCC25250	500 Mn CFU										
VITAMINS#											
Vitamin A	350 mcg	69%	56%	45%	91%	44%	89%	38%	75%	39%	79%
Vitamin C	10 mg	29%	22%	18%	36%	20%	40%	14%	29%	15%	31%
Vitamin D2	200 IU	33%	33%	33%	67%	33%	67%	33%	67%	33%	67%
Vitamin E	3 mg	30%	30%	30%	60%	30%	60%	30%	60%	30%	60%
Biotin	10 mcg	40%	40%	29%	57%	29%	57%	29%	57%	29%	57%
Folic Acid	40 mcg	50%	40%	31%	62%	30%	60%	24%	48%	28%	56%
Vitamin B12	0.5 mcg	23%	23%	23%	45%	23%	45%	23%	45%	23%	45%
Vitamin B1	0.2 mg	22%	18%	13%	27%	14%	29%	11%	21%	13%	25%
Vitamin B3	5 mg	56%	45%	33%	67%	36%	71%	26%	53%	31%	63%
Vitamin B5	2 mg	50%	50%	40%	80%	40%	80%	40%	80%	40%	80%
Vitamin B6	0.7 mg	58%	47%	35%	70%	37%	74%	27%	54%	32%	64%
MINERALS											
Zinc	3 mg	67%	51%	35%	71%	35%	71%	21%	42%	23%	47%

*%RDA calculated as per ICMR'20 guidelines for children. # Appropriate overages added.