

Supplement Facts

Serving Size: 1 gummy (5-8 years of age) / 2 gummies (9 years of age and older)

Servings Per Container 90/45

	5-8 years (1 gummy)		9 years and older (2 gummies)	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10		20	
Total Carbohydrate	3 g	1%†	5 g	2%†
Total Sugars	2 g	*	4 g	*
Includes Added Sugars	2 g	4%†	4 g	8%†
Vitamin A (as retinyl palmitate)	105 mcg	12%	210 mcg	23%
Vitamin C (as ascorbic acid)	10 mg	11%	20 mg	22%
Vitamin D (as ergocalciferol)	10 mcg (400 IU)	50%	20 mcg (800 IU)	100%
Vitamin E (as d-alpha tocopherol)	4 mg	27%	8 mg	53%
Vitamin B ₆ (as pyridoxine hydrochloride)	0.85 mg	50%	1.7 mg	100%
Folate	116 mcg DFE (70 mcg Folic Acid)	29%	233 mcg DFE (140 mcg Folic Acid)	58%
Vitamin B ₁₂ (as cyanocobalamin)	1.2 mcg	50%	2.4 mcg	100%
Biotin	3 mcg	10%	6 mcg	20%
Pantothenic Acid (as d-calcium pantothenate)	0.9 mg	18%	1.8 mg	36%
Iodine (as potassium iodide)	21 mcg	14%	42 mcg	28%
Zinc (as zinc citrate)	1 mg	9%	2 mg	18%
Sodium	3 mg	<1%	5 mg	<1%

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.