Recommended Dose: Adults and Children (4 years and older): Take 4 gummies daily with a meal or as recommended by your health professional. Children (2-3 years): Take 2 gummies daily with a meal or as recommended by your health professional. Take a few hours before or after taking medications or other supplements. Warning: If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinners, consult your health professional before use. Keep out of the reach of children. Use only if safety seal is intact. Store in a cool, dry place.



fill package in order to accommodate required labeling. Please rely on stated quantity.

Contents may not

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## **Active Multi Vite Gummies**

**Dietary Supplement** 

Natural Raspberry-Lemon Flavor

Daily multi-vitamin gummy for adults and children

## 100 GUMMIES

## Supplement Facts

Serving Size 4+ Years: 4 Gummies: 2-3 Years: 2 Gummies Servings per Container 4+ Years: 25; 2-3 Years: 50

	Amount Per 4 Gummies	% DV for Adults and Children 4+ Years (4 Gummies	Per 2	% DV for Children 2-3 Years (2 Gummies)
Calories	30		15	
Total Carbohydrate	7 g	3%^	4 g	3%^^
Total Sugars	2 g	*	1g	*
Includes 2 g Added Sugars		4%^		
Includes 1 g Added Sugars				4%^^
Vitamin A (as vitamin A palmitate/60% beta	750 mcg a-carotene)	83%	375 mcg	125%
Vitamin C (as ascorbic acid)	80 mg	89%	40 mg	267%
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg (1,000 IU	) 125%	12.5 mcg (500 IU	83%
Vitamin E (as d-alpha tocopheryl acetate)	10 mg	67%	5 mg	83%
Vitamin K <sub>1</sub> (as phylloquinone)	120 mcg	100%	60 mcg	200%
Thiamin (as thiamin mononitrate)	1.5 mg	125%	0.75 mg	150%
Riboflavin	1.7 mg	131%	0.85 mg	170%
Niacin (as niacinamide)	11 mg	69%	5.5 mg	92%
Vitamin B <sub>6</sub> (as pyridoxine hydrochlo	ride) 5 mg	294%	2.5 mg	500%

	Amount Per 4 Gummies	% DV for Adults and Children 4+ Years (4 Gummies)	Amount Per 2 Gummies	% DV for Children 2-3 Years (2 Gummies)
Folate (as Metafolin®, L-5-MTHF)	400 mcg DFE (240 mcg L-5-MTH	100% HF) (1	200 mcg DFE L20 mcg L-5-MTH	133% IF)
Vitamin B <sub>12</sub> (as methylcobalamin)	100 mcg	4,167%	50 mcg	5,556%
Biotin	100 mcg	333%	50 mcg	625%
Pantothenic Acid (as calcium d-pantothenate)	5 mg	100%	2.5 mg	125%
Choline (as choline bitartrate)	30 mg	5%	15 mg	8%
lodine (as potassium iodide)	112 mcg	75%	56 mcg	62%
Zinc (as zinc citrate)	9 mg	82%	4.5 mg	150%
Chromium (as chromium picolinate	) 50 mcg	143%	25 mcg	227%
Organic Fruit Blend Strawberry Fruit, Orange Fruit, Le	100 mg mon Fruit, Raspber	rry Fruit,	50 mg	*

Blueberry Fruit, Tart Cherry Fruit, Pomegranate Fruit, Cranberry Fruit

\* Daily value (DV) not established A Percent Daily Values are based on a 2 000 calorie diet

^^ Percent Daily Values are based on a 1.000 calorie diet

Other ingredients: Isomaltooligosaccharides, cane sugar, pectin, natural flavors, apple puree, citric acid, sodium citrate, purified water, natural black carrot color, stevia leaf extract, vegetarian coating (organic sunflower oil, carnauba wax, medium chain triglycerides, hyprolose, glycerin)

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany,

