



Pedia Vites™

- Concerned parents will appreciate: **NO ADDED SUGARS/NO FRUCTOSE.**
- Sweetened with glycerin and stevia.
- A full spectrum multi vitamin for babies and toddlers. See actions of the nutrients in this formula inside.



Children's Chewables

For children up to 8 years of age.

- **No added sugar or fructose.**
- Sweetened with xylitol and stevia
- Tasty "Natural Fruit" flavor.
- Age-specific blend of vitamins and minerals. (See more information about the individual nutrients below.)



Supplement Facts

Serving Sizes:
 Infants 7 months to 12 months: One (1) Teaspoon (5 ml)
 Children 1-3 Years: Two (2) Teaspoons (10 ml)
 Servings Per Container: Infants: 48, 1-3 Years: 24

Amount Per Serving	% Daily Value		% Daily Value	
	Infants (7-12 months)		1-3 years	
Vitamin A (as Retinyl Palmitate)	687.5 mcg	138%	1375 mcg	458%
Vitamin C (as Ascorbic Acid)	50 mg	100%	100 mg	667%
Vitamin D3 (as Cholecalciferol†)	5 mcg	50%	10 mcg	67%
Thiamin (as Thiamin Hydrochloride)	0.5 mg	167%	1 mg	200%
Riboflavin	0.8 mg	200%	1.6 mg	320%
Niacin (as Niacinamide)	6 mg	150%	12 mg	200%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.7 mg	233%	1.4 mg	280%
Folate (as Folic Acid)	50 mcg	63%	100 mcg	67%
	(30 mcg folic acid)		(60 mcg folic acid)	
Vitamin B12 (as Cyanocobalamin)	3 mcg	600%	6 mcg	667%
Biotin	10 mcg	167%	20 mcg	250%
Pantothenic Acid (as d-Panthenol)	3 mg	167%	6 mg	300%
Zinc (as Zinc Gluconate)	1.5 mg	50%	3 mg	100%

OTHER INGREDIENTS: Purified Water, Glycerine, Natural Citrus Flavoring, Stevia, Citric Acid, Xanthan Gum, Polysorbate, Potassium Sorbate and Sodium Benzoate.

†From Lanolin.

Supplement Facts

Serving Size: 1 Wafer for children 1-3 years
 2 Wafers for children 4-8 years

Amount Per Serving	1-3 yrs.	%DV	4-8 yrs.	%DV
Total Carbohydrates:	0.5 g	*	1.0 g	<1%**
Vitamin A (as Beta Carotene)	750 mcg	250%	1500 mcg	167%
Vitamin C (as Ascorbic Acid)	50 mg	333%	100 mg	111%
Vitamin D3 (as Cholecalciferol†)	2.5 mcg	17%	5 mcg	25%
Vitamin E (as d-alpha Tocopheryl Succinate)	5 mg	83%	10 mg	67%
Thiamin (as Thiamin Hydrochloride)	1 mg	200%	2 mg	167%
Riboflavin	1 mg	200%	2 mg	154%
Niacin (as Niacinamide)	10 mg	167%	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	1 mg	200%	2 mg	118%
Folate	62.5 mcg	42%	125 mcg	31%
(as [6S]-5-methyltetrahydrofolic acid equivalent to 125 mcg/250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt***)				
Vitamin B12 (as Methylcobalamin)	3 mcg	333%	6 mcg	250%
Biotin	22.5 mcg	281%	45 mcg	150%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	250%	10 mg	200%
Calcium (as Calcium Citrate)	50 mg	7%	100 mg	8%
Iron (as Iron Fumarate)	2.5 mg	36%	5 mg	28%
Iodine (from Kelp)	35 mcg	39%	70 mcg	47%
Magnesium (as Magnesium Citrate)	5 mg	6%	10 mg	2%
Zinc (as Zinc Oxide)	2 mg	67%	4 mg	36%
Manganese (as Manganese Sulfate)	0.5 mg	42%	1 mg	43%
Chromium (as Chromium Polynicotinate****)	10 mcg	91%	20 mcg	57%
Proprietary Blend	15.25 mg	*	30.5 mg	*
Organic Flax Seed Extract, Inositol and PABA (Para-aminobenzoic Acid)				
Stevia Leaf Extract	10 mg	*	20 mg	*

**Percent Daily Value based on a 2000-calorie diet.
 *Daily Value not established.

OTHER INGREDIENTS: Xylitol, Stearic Acid, Citric Acid, Natural Fruit Punch Flavor, Vegetable Magnesium Stearate, Turmeric Root Extract (color), Dicalcium Phosphate, Silica, Potassium Amino Acid Chelate, Carrot Powder (color), Natural Orange Flavor, Natural Orange Fruit Powder, Natural Strawberry Powder and Natural Vanilla Flavor.

†From Lanolin.

***Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent No. 7,947,662.

****ChromeMate® is a Trademark of InterHealth Nutraceuticals, Inc.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.



Pre-teen & Teen Multi vitamins

Healthy Growth and Development

Vitamin A for growth, immune system, bone growth, healthy tooth development.

Vitamin C essential for connective tissue, bones, cartilage, skin, immune system function.

Zinc for all cellular growth and for healthy reproductive system development, essential for the immune system, needed for carbohydrate metabolism because of role as co-factor in insulin production.

Vitamin D for bones and teeth, needed for the absorption of Calcium.

Rutin and Hesperidin – work synergistically with Vitamin C to promote integrity and strength of tissues.

Essential Fatty Acids (from Flax seed) – for cellular membrane growth and development.

B Complex vitamins – for nervous system development and all energy processes.

Choline – for brain development and neurotransmitter function.

Stress/Energy

B Complex Vitamins Thiamine, Riboflavin, Niacin, Pantothenic Acid, Vitamin B6, Folic Acid, Vitamin B12. Needed for activation of enzymes which regulate energy activities in the body, absolutely essential that they be consumed on a daily basis because they are water soluble, may be lost in urine, they are needed more during stressful occasions or strenuous activities such as sports participation.

Biotin – needed for energy reactions.

Pantothenic Acid and Vitamin C – adrenal support for counteracting effects of stress.

Additional concerns of Pre-teens & Teens

Immune system support – A, C, E, Folic Acid, B12, Zinc: needed for the immune system to develop properly and to function when needed.

Fat metabolism and proper fat processing – Choline and Inositol, Essential Fatty Acids.

Skin health – A, C, E, Biotin, Zinc.

Healthy Reproductive System Development

Dong Quai Root (in Teen Girls formula)



Supplement Facts		
Serving Size: One (1) Tablet		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	1500 mcg	167%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopherol Succinate)	33.5 mg	223%
Thiamin (as Thiamin Mononitrate)	20 mg	1667%
Riboflavin	20 mg	1538%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1176%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE	31%
Vitamin B12 (as Methylcobalamin)	200 mcg	8333%
Biotin	20 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	800%
Choline (as Choline Bitartrate)	20 mg	4%
Calcium (as Calcium Ascorbate)	24.3 mg	2%
Zinc (as Zinc Monomethionine***)	7 mg	64%
Proprietary Blend	201 mg	*
Flax Seed Extract (55% alpha-Linolenic Acid), Inositol, PABA (Para-aminobenzoic Acid), Organic Pumpkin Seed (<i>Cucurbita pepo</i>) and Asian Ginseng Root (<i>Panax ginseng</i>)		

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

†From Lanolin.

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***OptiZinc® is a Trademark of InterHealth Nutraceuticals, Inc.



Supplement Facts		
Serving Size: Two (2) Tablets		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	1500 mcg	167%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	20 mg	1667%
Riboflavin	20 mg	1538%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1176%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE	31%
Vitamin B12 (as Methylcobalamin)	200 mcg	8333%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	800%
Choline (as Choline Bitartrate)	20 mg	4%
Calcium (as Calcium Ascorbate)	24.3 mg	2%
Zinc (as Zinc Monomethionine***)	5 mg	45%
Manganese (as Manganese Amino Acid Chelate)	5 mg	217%
Proprietary Blend	175 mg	*
Flax Seed Extract (55% alpha-Linolenic Acid), Rutin, Blessed Thistle (Herb) (<i>Cnicus benedictus</i>), Inositol, PABA (Para-aminobenzoic Acid), Organic <i>Echinacea angustifolia</i> , Hesperidin and Organic Parsley Leaf (<i>Petroselinum sativum</i>)		

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Maltodextrin, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

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Supplement Facts		
Serving Size: Two (2) Tablets		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE	31%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	40 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	80 mg	15%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	15 mg	136%
Proprietary Blend 375 mg		
Organic Parsley Leaf (<i>Petroselinum crispum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (<i>Panax ginseng</i>), Organic Pumpkin Seed (<i>Cucurbita pepo</i>), Saw Palmetto Berry (<i>Serenoa serrulata</i>), Rutin and Hesperidin		

*Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

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Supplement Facts		
Serving Size: Two (2) Veggie Capsules		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	125 mcg DFE	31%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	40 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	80 mg	15%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	15 mg	136%
Proprietary Blend 275 mg		
Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Asian Ginseng Root (<i>Panax ginseng</i>), Organic Pumpkin Seed (<i>Cucurbita pepo</i>), Organic Saw Palmetto Berry (<i>Serenoa serrulata</i>), Rutin and Hesperidin		

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Dicalcium Phosphate, Rice Flour, Lecithin and Silicon Dioxide.

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Supplement Facts		
Serving Size: Two (2) Tablets		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	40 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	150 mcg DFE	38%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	400 mcg	1333%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%
Proprietary Blend 350 mg		
Organic Parsley Leaf (<i>Petroselinum sativum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (<i>Angelica sinensis</i>), Organic Dandelion Root (<i>Taraxacum officinale</i>), Rutin and Hesperidin		

*Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

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Supplement Facts		
Serving Size: Two (2) Veggie Capsules		
Amount Per Serving		% Daily Value
Vitamin A (as Beta Carotene)	3000 mcg	333%
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Vitamin D3 (as Cholecalciferol†)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg	447%
Thiamin (as Thiamin Mononitrate)	40 mg	3333%
Riboflavin	40 mg	3077%
Niacin (as Niacinamide)	40 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride)	40 mg	2353%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 250 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	150 mcg DFE	38%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg	1600%
Choline (as Choline Bitartrate)	40 mg	7%
Calcium (as Calcium Ascorbate)	24 mg	2%
Zinc (as Zinc Monomethionine***)	10 mg	91%
Manganese (as Manganese Amino Acid Chelate)	10 mg	435%
Proprietary Blend 350 mg		
Organic Parsley Leaf (<i>Petroselinum sativum</i>), Inositol, Flax Seed Extract (55% alpha-Linolenic Acid), PABA (Para-aminobenzoic Acid), Organic Dong Quai Root (<i>Angelica sinensis</i>), Organic Dandelion Root (<i>Taraxacum officinale</i>), Rutin and Hesperidin		

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule), Dicalcium Phosphate, Rice Flour and Lecithin.

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Supplement Facts		
Serving Size: Four (4) Tablets		
Amount Per Serving		% Daily Value
Calcium (as Calcium Citrate)	400 mg	31%
Iron (as Iron Amino Acid Chelate†)	2 mg	11%
Iodine (from Kelp)	120 mcg	80%
Magnesium (as Magnesium Citrate)	400 mg	95%
Zinc (as Zinc Monomethionine**)	16 mg	145%
Selenium (as L-Selenomethionine)	12 mcg	22%
Manganese (as Manganese Amino Acid Chelate)	8 mg	348%
Chromium (as Chromium Polynicotinate**)	20 mcg	57%
Potassium (as Potassium Amino Acid Chelate)	80 mg	2%
Betaine Hydrochloride	100 mg	-
ConcenTrace**** Alfalfa	24 mg	-
(Ionic Trace Mineral Complex from the Great Salt Lake, 72 naturally occurring minerals, plus other minerals found in seawater)		

*Daily Value not established.

OTHER INGREDIENTS: Stearic Acid, Dicalcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

†Contains soy.

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****ConcenTrace® is a Trademark of Trace Minerals Research.

ESSENTIAL MINERALS

In addition to a daily multi vitamin, consider the importance of Minerals. They are essential to growth, development, and the overall health of your children.