

# KIDS COMPLETE and FIBER

## 120 GUMMIES

**Directions:** For children 4 years of age and older, take two (2) gummies daily for the first week, four (4) gummies daily thereafter. May be taken with or without food. Chew each gummy thoroughly.

### Supplement Facts

Serving Size 4 Gummies  
Servings Per Container 30

| Amount per 4 Gummy Serving                              |   | % Daily Value |
|---|---|---------------|
| Calories  | 20                                      |               |
| Total Carbohydrate                                      | 7 g                                     | 2%†           |
| Dietary Fiber   | 4 g                                     | 15%†          |
| Soluble Fiber   | 4 g                                     | **            |
| Sugars  | 2 g                                     | **            |
| Includes 0 g Added Sugars                               |   | 0%†           |
| Vitamin A (as 50% beta-carotene, retinyl palmitate USP) | 180 mcg                                 | 20%           |
| Vitamin C (as ascorbic acid USP)                        | 45 mg                                   | 50%           |
| Vitamin D (D-3 as cholecalciferol USP)                  | 20 mcg (800 IU)                         | 100%          |
| Vitamin E (as d-alpha-tocopherol from sunflower oil)    | 6.6 mg                                  | 44%           |
| Vitamin K (K-1 as phylloquinone)                        | 12 mcg                                  | 10%           |
| Thiamin (Vitamin B-1 as thiamine mononitrate USP)       | 0.1 mg                                  | 8%            |
| Riboflavin (Vitamin B-2)                                | 0.16 mg                                 | 12%           |
| Vitamin B-6 (as pyridoxal 5-phosphate)                  | 1 mg                                    | 59%           |
| Folate (as L-methylfolate, calcium salt)                | 250 mcg DFE<br>(150 mcg L-methylfolate) | 63%           |
| Vitamin B-12 (as methylcobalamin)                       | 2.4 mcg                                 | 100%          |
| Biotin USP  | 16 mcg                                  | 53%           |
| Pantothenic acid (as calcium D-pantothenate USP)        | 0.375 mg                                | 8%            |
| Choline (as choline bitartrate)                         | 12 mg                                   | 2%            |
| Iodine (as potassium iodide USP)                        | 90 mcg                                  | 60%           |
| Zinc (as zinc citrate USP)                              | 1.6 mg                                  | 15%           |
| Sodium  | 20 mg                                   | 1%            |
| Fish Oil  | 340 mg                                  | **            |
| Total Omega-3 Fatty Acids                               | 100 mg                                  | **            |
| EPA and DHA   | 100 mg                                  | **            |
| Inositol FCC  | 2 mg                                    | **            |
| Vitamin K-2 (as menaquinone-7)                          | 8 mcg                                   | **            |

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

\*\* Daily Value not established.

**Other Ingredients:** Organic Cane Sugar, Organic Tapioca Syrup, Gelatin, Pectin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate, Organic Turmeric).

**Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only**