

PRODUCT DATA SHEET

Children's Basic Nutrients



Pure Ingredients, Trusted Results



Children's Basic Nutrients

A multi-vitamin-mineral supplement in small capsules, providing easy dosing for children of all ages

- Contains no sugar, binders, or allergenic excipients
- Provides only the purest, most bioavailable nutrients
- In easy-to-swallow, kid-sized capsules
- Can be taken out of the capsule and mixed with food

CHILDREN'S BASIC NUTRIENTS

S u p p l e m e n t F a c t s		
Serving Size: Six Capsules		
Servings Per Container: 30		
Six Capsules Contain:		% DV
Vitamin A (3,750 IU from Mixed Carotenes and 750 IU as Palmitate)	4,500 IU	90%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as Vitamin D3)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl)	120 IU	400%
Vitamin K (as Vitamin K1)	30 mcg	38%
Thiamin (as Thiamin HCl)	12 mg	800%
Riboflavin (as Riboflavin 5-Phosphate Sodium)	3.3 mg	194%
Vitamin B3 (40 mg as Niacinamide and 9 mg as Niacin)	49 mg	245%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	3 mg	150%
Folate (200 mcg as Calcium Folate and 200 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Vitamin B12 (67.5 mcg as Adenosylcobalamin and 67.5 mcg as Methylcobalamin)	135 mcg	2,250%
Biotin	120 mcg	40%
Pantothenic Acid (as Calcium Pantothenate)	124 mg	1,240%
Calcium (as Calcium Citrate-Malate)	90 mg	9%
Iron (as Iron Picolinate)	4.5 mg	25%
Iodine (as Potassium Iodide)	67.5 mcg	45%
Magnesium (as Magnesium Citrate-Malate)	85 mg	21%
Zinc (as Zinc Picolinate)	4.5 mg	30%
Selenium (as Selenium Picolinate)	60 mcg	86%
Copper (as Copper Picolinate)	450 mcg	23%
Manganese (as Manganese Picolinate)	1.8 mg	90%
Chromium (as Chromium Chelidamate Arginate)	60 mcg	50%
Molybdenum (as Molybdenum Picolinate)	30 mcg	40%
Potassium (as Potassium Citrate-Malate)	27 mg	1%
Choline Citrate	30 mg	*
Boron (as Boron Picolinate)	900 mcg	*
Vanadium (as Vanadium Picolinate)	30 mcg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

180 Vegetarian Capsules

Code: VMC

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Iodine may occasionally cause an allergic reaction in some individuals.

Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

Interactions

As vitamin K interferes with the effect of anticoagulant drugs (like Coumadin), the concurrent use of these agents should be avoided.

Folic acid and 5-methyltetrahydrofolate supplementation is not recommended concurrent with methotrexate cancer therapy, as they can interfere with methotrexate's anti-neoplastic activity; however, these folate sources have not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

Additional Warnings

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 doctor or poison control center immediately.