

FLINTSTONES™ COMPLETE

Directions: Under adult supervision product should be fully chewed or crushed. Children 2 & 3 years of age – **Chew** one-half tablet daily, with food. Adults and children 4 years of age and older – **Chew** one tablet daily, with food.

Supplement Facts

Serving Size: ½ tablet (2 & 3 years of age); 1 tablet (4 years of age and older)
Servings Per Container: (number of tablets X 2); (number of tablets)

Amount Per Tablet	% Daily Value for Children 2 & 3 Years of Age (1/2 Tablet)	% Daily Value for Adults and Children 4 Years of Age and older (1 Tablet)
Total Carbohydrate < 1 g	**	< 1%*
Vitamin A 3000 IU (33% as beta-carotene)	60%	60%
Vitamin C 60 mg	75%	100%
Vitamin D 600 IU	75%	150%
Vitamin E 30 IU	150%	100%
Vitamin K 55 mcg	**	69%
Thiamin (B ₁) 1.5 mg	107%	100%
Riboflavin (B ₂) 1.7 mg	106%	100%
Niacin 15 mg	83%	75%
Vitamin B ₆ 2 mg	143%	100%
Folic Acid 400 mcg	100%	100%
Vitamin B ₁₂ 6 mcg	100%	100%
Biotin 40 mcg	13%	13%
Pantothenic Acid 10 mg	100%	100%
Calcium (elemental) 100 mg	6%	10%
Iron 18 mg	90%	100%
Iodine 150 mcg	107%	100%
Zinc 12 mg	75%	80%
Copper 2 mg	100%	100%
Sodium 10 mg	**	< 1%

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

** Daily Value not established.

INGREDIENTS: Granulated Calcium Carbonate (Calcium Carbonate, Dextrose Monohydrate, Sugar, Maltodextrin, Microcrystalline Cellulose), Sorbitol, Sodium Ascorbate, Ferrous Fumarate, Natural and Artificial Flavoring, Pregelatinized Starch, dl-Alpha Tocopheryl Acetate; Less Than 2% Of: Beta-Carotene, Biotin, Calcium Pantothenate, Cholecalciferol, Cupric Oxide, Cyanocobalamin, FD&C Blue #2 Lake, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Folic Acid, Gelatin, Magnesium Oxide, Magnesium Stearate, Mono- and Diglycerides, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride, Phytonadione, Riboflavin, Silicon Dioxide, Soy Lecithin, Sucralose, Thiamine Mononitrate, Vitamin A Acetate, Zinc Oxide.

Contains: Soy.

Not for children under 2 years of age.

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KEEP OUT OF REACH OF CHILDREN

If pregnant, breast-feeding, taking medication, or have any underlying medical condition ask a health professional before use.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

CHILD RESISTANT CAP

Contact Information –

Questions or comments?

Please call 1-800-800-4793 (Mon – Fri 9AM – 5PM EST)