



Flintstones Complete Chewable

Directions: Under adult supervision product should be fully chewed or crushed. Children 2 & 3 years of age: **Fully chew** one-half tablet daily, with food. Adults and children 4 years of age and older: **Fully 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 & Children 4 Years of Age and Older (1 Tablet)
Total Carbohydrate < 1 g	<1%**	<1%*
Total Sugars 0 g	†	†
Includes 0g Added Sugars	0%**	0%*
Sugar Alcohol 0 g	†	†
Vitamin A 400 mcg (10% as beta-carotene)	67%	44%
Vitamin C 90 mg	300%	100%
Vitamin D 20 mcg (800 IU)	67%	100%
Vitamin E 7.5 mg	63%	50%
Thiamin (B ₁) 0.97 mg	97%	81%
Riboflavin (B ₂) 1.3 mg	130%	100%
Niacin 12 mg	100%	75%
Vitamin B ₆ 1.7 mg	170%	100%
Folate 400 mcg DFE (240 mcg Folic Acid)	133%	100%
Vitamin B ₁₂ 2.4 mcg	133%	100%
Biotin 30 mcg	188%	100%
Pantothenic Acid 5 mg	125%	100%
Calcium 140 mg	10%	11%
Iron 10 mg	71%	56%
Iodine 150 mcg	83%	100%
Zinc 5 mg	83%	45%
Copper 0.44 mg	73%	49%
Sodium 15 mg	1%	1%

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

**Percent Daily Values are based on a 1,000 calorie diet.

†Daily Value not established.

Ingredients: Calcium Carbonate, Sorbitol, Mannitol, Sodium Ascorbate, Fructose‡, Ferrous Sulfate, Hydrogenated Vegetable Oil (Soy), Carrageenan, Citric Acid; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopherol Acetate, FD&C Blue #2 Aluminum Lake, FD&C Red #40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Folic Acid, Gelatin, Magnesium Stearate, Maltodextrin, Natural & Artificial Flavors, Niacinamide, Potassium Iodide, Pyridoxine Hydrochloride, Retinyl Acetate, Riboflavin, Silicon Dioxide, Soy Lecithin, Sucralose, Thiamine Mononitrate, Zinc Oxide.

Contains: Wheat, Soy.

‡Adds a trivial amount of sugar



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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.

KEEP OUT OF REACH OF CHILDREN

Not for children under 2 years of age.

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

Do not exceed recommended intake

CHILD RESISTANT CAP

Contact information –

Questions or comments?

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