

# VitaTab® Chewable

Multivitamin and mineral for children and adults

## Introduction

VitaTab Chewable multivitamin and mineral tablets are ideal for children and adults who have difficulty swallowing pills. With higher levels of nutrients than typical chewable multivitamins, VitaTab Chewable is formulated with bioavailable forms of nutrients and extra amounts of important antioxidants and B vitamins.†

## Background

Busy schedules, nutrient-deficient foods, and finicky palates are a few of the challenges parents face in meeting the nutritional requirements of their children. Daily supplementation of essential micronutrients, as found in VitaTab Chewable, is one way to support optimal nutrient intake.† This comprehensive multi-nutrient blend contains vitamins, minerals, and trace minerals important for the nervous system, immune function, and normal growth and development.†

VitaTab Chewable is recommended by pediatricians and healthcare practitioners as part of a well-balanced nutritional program for children 4 years of age and older. It is also a great alternative for adults who prefer an alternative to swallowing pills.

## Product features

- A balanced mix of 24 important nutrients in well-tolerated, easy-to-absorb forms.
- VitaTab Chewable contains higher amounts of vitamins C, E, and B than found in many other chewable multi-nutrient formulas. Two chewable tablets exceed the Recommended Dietary Allowance (RDA) for vitamin C, E, and for most B vitamins.
- Both preformed vitamin A (retinol) and its carotene precursor are included to help ensure more complete vitamin A nutrition.† Mixed carotenoids are used instead of synthetic beta-carotene for more complete antioxidant action.†
- Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), an active form of folate, is included and requires no additional metabolic steps to be used by the body compared to folic acid, the form commonly used in many fortified foods and supplements.†
- A broad assortment of minerals and trace elements important for health are included. Mineral forms such as amino acid chelates and citrates that are easily and comfortably digested are utilized.†
- Free of the following common allergens: milk/casein, eggs, fish, tree nuts, peanuts, wheat, and gluten. Contains no artificial sweeteners, colors, flavors, or preservatives.

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†These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

## Formula

**SUGGESTED USE:** 1 capsule, 1 to 4 times daily or as directed by a healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

## Supplement Facts

Serving Size 2 Chewable Tablets

Amount Per 2 Chewable Tablets	% Daily Value		Amount Per 2 Chewable Tablets	% Daily Value	
Calories	10		Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%
Total Carbohydrate	3 g	1%**	Choline (as choline bitartrate)	5 mg	1%
Sugars	3 g	*	Calcium (98% as calcium citrate tetrahydrate and 2% as calcium D-pantotenate)	100 mg	8%
Includes 4g Added Sugars		7%	Iron (as carbonyl iron)	4 mg	22%
Vitamin A (56% (750 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 44% (600 mcg RAE) as vitamin A palmitate)	1,350 mcg RAE	150%	Iodine (from potassium iodide and kelp)	150 mcg	100%
Vitamin C (as L-ascorbic acid)	180 mg	200%	Magnesium (as magnesium hydroxide)	100 mg	24%
Vitamin D <sub>3</sub> (as cholecalciferol)	125 mcg	125%	Zinc (as zinc bisglycinate chelate <sup>††</sup> )	5 mg	45%
Vitamin E (as RRR-alpha tocopherol acid succinate, RRR-alpha-tocopherol) <sup>††</sup>	57 mg	380%	Selenium (as selenium amino acid complex)	70 mcg	127%
Vitamin K <sub>1</sub> (as phytonadione)	80 mcg	67%	Copper (as copper gluconate)	0.5 mg	56%
Thiamin (as thiamin mononitrate)	3 mg	250%	Manganese (as manganese bisglycinate chelate <sup>††</sup> )	2 mg	87%
Riboflavin	3.4 mg	262%	Chromium (as chromium nicotinate glycinate chelate <sup>††</sup> )	120 mcg	343%
Niacin (as niacinamide)	20 mg NE	125%	Molybdenum (as molybdenum glycinate chelate <sup>††</sup> )	75 mcg	167%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	4 mg	235%	Boron (as boron aspartate-citrate)	1 mg	*
Folate (as Metafolin <sup>†</sup> L-5-methyltetrahydrofolate)	680 mcg DFE (400 mcg)	170%	Vanadium (as bisglycinato oxovanadium)	50 mcg	*
Vitamin B <sub>12</sub> (as methylcobalamin)	12 mcg	500%	Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) <sup>††</sup>	0.8 mg	*
Biotin (D-biotin)	300 mcg	1,000%	Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i> )	16 mcg	*

\*Daily Value not established.  
\*\*Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Fructose, dextrates, stearic acid, silicon dioxide, natural cherry flavor, natural orange flavor, maltodextrin, citric acid, magnesium stearate, and licorice extract.

<sup>†</sup>Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

<sup>††</sup>Albion<sup>®</sup> Laboratories.

<sup>†††</sup>Vitamin E derived from highly-refined soy oil that has soy protein removed. Formulated to be hypoallergenic.



## VCW 60 tablets

### How supplied

60 tablets per bottle.

### Storage

Store in a cool, dry place (59°F to 85°F) away from direct light.

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