



### VITAMIN D + VITAMIN A, CALCIUM, & MAGNESIUM

**SUGGESTED USE:** Take one serving (2 tablets) daily. Place tablet in mouth and swallow with water. If you are pregnant, nursing or taking medication, consult your healthcare professional before use. Keep out of reach of children. Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken or missing.

**OTHER INGREDIENTS:** Microcrystalline cellulose, film coat (hypromellose, glycerine, hydroxypropyl cellulose), croscarmellose sodium, stearic acid, magnesium stearate and silica

**FREE OF THE FOLLOWING ALLERGENS:** Milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy

#### Supplement Facts

Serving Size: 2 tablets  
Servings per Container: 30

	Amount per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	800 mcg	89%
Vitamin D (as cholecalciferol)	37.5 mcg	188%
Calcium (as calcium citrate)	600 mg	46%
Magnesium (as magnesium oxide)	120 mg	29%



### FOLIC ACID

**SUGGESTED USE:** Take one serving (1 tablet) daily. Place tablet in mouth and swallow with water. If you are pregnant, nursing or taking medication, consult your healthcare professional before use. Keep out of reach of children. Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken or missing.

**OTHER INGREDIENTS:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate and silica

**FREE OF THE FOLLOWING ALLERGENS:** Milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy

#### Supplement Facts

Serving Size: 1 tablet

	Amount per Serving	% Daily Value
Folate	667 mcg DFE (400 mcg folic acid)	167%
Calcium (as dicalcium phosphate)	80 mg	6%



### IRON

**SUGGESTED USE:** Take one serving (1 tablet) daily. Place tablet in mouth and swallow with water. If you are pregnant, nursing or taking medication, consult your healthcare professional before use. Keep out of reach of children. Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken or missing.

**OTHER INGREDIENTS:** Microcrystalline cellulose, stearic acid, film coat (hypromellose, glycerine, hydroxypropyl cellulose), croscarmellose sodium, magnesium stearate and silica

**FREE OF THE FOLLOWING ALLERGENS:** Milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soy

#### Supplement Facts

Serving Size: 1 tablet

	Amount per Serving	% Daily Value
Calcium (as dicalcium phosphate)	30 mg	2%
Iron (as iron carbonyl)	50 mg	278%

**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.