

Children's Complete Drink

60 servings

SUGGESTED USE A delicious, all-natural multi-vitamin-mineral supplement drink for children 2 - 12 years of age. Provide to your child as follows or as recommended by a health care professional:

Children from two to four years
consume 1 serving (one level scoop) daily

Children from four to eight years
consume 1 - 3 servings (1 - 3 level scoops) daily

Children from eight to twelve years
consume 1 - 5 servings (1 - 5 level scoops) daily

Mix each level scoop of **Children's Complete Vitamin and Mineral Drink** in 4 ounces of water or juice and mix thoroughly (blender not necessary). Use more or less fluid to achieve the desired taste. You can also make a delicious smoothie by blending with ice, frozen fruit (berries, banana, etc.) or juice. This product is most effective when used in conjunction with a healthy, balanced diet and active lifestyle. **For answers to questions about the use of this product call 800.800.1200.**

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.

To maintain maximum potency, store tightly closed in a cool, dry, dark place. Do not refrigerate. **Keep out of the reach of children.** This product is sold by weight not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.



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Andrew Lessman's CHILDREN'S COMPLETE VITAMIN AND MINERAL DRINK

is designed to present a healthy alternative to the chemical additives, artificial colors and sweeteners present in most children's vitamins. It is an extremely healthy and nutritious source of your child's daily requirement of vitamins and minerals. Each small scoop delivers 100% of the daily requirement for Vitamins C, B1, B2 and B12, along with 20-50% of the daily requirement for all other essential vitamins, plus 10-20% of the daily requirement of ten essential minerals. It delivers **200 milligrams of Calcium** for your child's healthy bones since adequate calcium intake during childhood, when the skeleton is still developing, is more important than at any other stage of life, as this period essentially determines the strength of the skeleton in later years, presenting a once in a lifetime opportunity to build strong bones. Children are finicky eaters, generally eating what "tastes" good rather than what is good for them, so their growing bodies may require the nutritional support of a quality multi-vitamin-mineral formula. **Children's Complete Vitamin and Mineral Drink** contains no colors at all (artificial or otherwise) and no artificial sweeteners. It is naturally lemonade flavored and sweetened with fructose, a low-glycemic sugar often referred to as fruit sugar. We have chosen sophisticated forms of minerals to maximize solubility, absorption and great taste, since if this formula does not both dissolve and taste great, then your children will not enjoy it and benefit from it. Research has shown that a child's need for adequate nutrition is not just limited to growth requirements. These essential vitamins and minerals are also critical for virtually every metabolic process, including energy production, along with vital support to brain function and learning. The world has changed and it is challenging for even the most responsible parent to maintain our children's nutritional status. **Andrew Lessman's Children's Complete Vitamin and Mineral Drink** is a delicious, nutritious, convenient and economical way to help ensure that your child gets the essential vitamins and minerals they need without the artificial colors or sweeteners and other chemical additives that are present in many other vitamins, as well as many processed foods and beverages.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS ONLY THE NATURAL INGREDIENTS LISTED AND NATURAL FLAVORS FOR YOUR ENJOYMENT



Supplement Facts

Serving Size Servings Per Container	Ages 2-4 1 Scoop (12g)		Over 4 Years 2 Scoops (24g)	
	1 Scoop (12g)	%DV* for Children Under 4 Years of Age	2 Scoops (24g)	%DV* for Adults and Children 4 or More Years of Age
Amount Per Serving				
Calories	40		80	
Total Carbohydrate	10 g	3%	20 g	7%
Sugars	10 g	†	20 g	†
Vitamin A (as vitamin A palmitate)	1000 IU	40%	2000 IU	40%
Vitamin C (as ascorbic acid)	60 mg	150%	120 mg	200%
Vitamin D (as cholecalciferol)	80 IU	20%	160 IU	40%
Vitamin E (as d-alpha tocopheryl acetate)	15 IU	150%	30 IU	100%
Vitamin K1 (as phytonadione)	10 mcg	†	20 mcg	25%
Vitamin B1 (as thiamin hydrochloride)	1.5 mg	214%	3 mg	200%
Vitamin B2 (as riboflavin)	1.7 mg	213%	3.4 mg	200%
Niacin (as niacinamide/chromium nicotinate)	10 mg	111%	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	143%	2 mg	100%
Folic Acid	200 mcg	100%	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	200%	12 mcg	200%
Biotin	100 mcg	67%	200 mcg	67%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%	10 mg	100%
Calcium (as calcium carbonate)	200 mg	25%	400 mg	40%
Iron (as iron glycinate)	2 mg	20%	4 mg	22%
Iodine (as potassium iodide)	30 mcg	43%	60 mcg	40%
Magnesium (as magnesium citrate)	40 mg	20%	80 mg	20%
Zinc (as zinc citrate)	2 mg	25%	4 mg	27%
Selenium (as selenium methionate)	15 mcg	†	30 mcg	43%
Copper (as copper citrate)	200 mcg	10%	400 mcg	20%
Manganese (as manganese citrate)	300 mcg	†	600 mcg	30%
Chromium (as chromium nicotinate)	15 mcg	†	30 mcg	25%
Molybdenum (as molybdenum glycinate)	10 mcg	†	20 mcg	27%
Boron (as potassium borate)	100 mcg	†	200 mcg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Fructose, Citric Acid and Natural Lemon-Lime Flavoring.