



# One Multi Chewable

Outrageous Orange Flavor

One Multi Chewable is a great-tasting vitamin and mineral supplement, designed specifically for children and for adults who prefer a chewable tablet. One Multi Chewable features a broad spectrum of essential vitamins and mineral amino acid chelates designed for excellent nutrient bioavailability. This unique formula is kid-tested; with outrageous orange flavor, ratio-balanced B vitamins, and Caro-xan®—a proprietary blend of beta-carotene and Betatene® mixed carotenoids.

## Directions

Children 3 to 7 years: Chew one tablet daily. Children over 7 and adults: Chew one tablet one to two times daily or as directed by your healthcare practitioner. Chew or crush tablets completely before swallowing. Do not swallow tablets whole.

**This product is non-GMO and gluten-free**

## Other Ingredients

Fructose, xylitol, sorbitol, stearic acid (vegetable), natural flavors, silica, guar gum, mono- and diglycerides, malic acid, and citric acid.

## Supplement Facts

Ingredients	Amount	% Daily Value
Serving Size	1 Chewable Tablet	
Servings Per Container	90	
<b>for Children 1 through 3 Years</b>		
Calories	5	
Total Carbohydrate	1 g	1%*
Total Sugars	<1 g	***
Includes <1g Added Sugars		<4%*
Vitamin A (27% as beta-carotene) (as mixed carotenoids, beta-carotene†, and retinyl acetate)	750 mcg	250%
Vitamin C (as magnesium ascorbate and ascorbic acid)	100 mg	667%
Vitamin D (as cholecalciferol)	2.5 mcg (100 IU)	17%
Vitamin E (as d-alpha tocopheryl acetate)	13.4 mg	223%
Thiamin (as thiamin mononitrate)	1.4 mg	280%
Riboflavin	1.6 mg	320%
Niacin (as niacinamide)	20 mg	333%
Vitamin B6 (as pyridoxine HCl)	1.4 mg	280%
Folate (as calcium L-5-methyltetrahydrofolate)††	510 mcg DFE	340%
Vitamin B12 (as methylcobalamin)	6 mcg	667%
Biotin	38 mcg	475%
Pantothenic Acid (as D-calcium pantothenate)	10 mg	500%
Calcium (as calcium citrate malate)	30 mg	4%
Iron (as iron glycinate)	2 mg	29%
Iodine (as potassium iodide)	70 mcg	78%
Magnesium (as magnesium citrate and magnesium ascorbate)	15 mg	19%
Zinc (as zinc gluconate)	2 mg	67%
Copper (as copper gluconate)	0.1 mg	33%
Manganese (as manganese aspartate)	0.2 mg	17%
Quercetin	2 mg	‡
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	825 mcg	†

† 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.

# Supplement Facts

**for Adults and Children ≥4 Years**

Calories	5	
Total Carbohydrates	1 g	<1%**
Total Sugars	<1 g	***
Includes <1g Added Sugars		<2%**
Vitamin A (27% as beta-carotene) (as mixed carotenoids, beta-carotene,† and retinyl acetate)	750 mcg	83%
Vitamin C (as magnesium ascorbate and ascorbic acid)	100 mg	111%
Vitamin D (as cholecalciferol)	2.5 mcg (100 IU)	13%
Vitamin E (as d-alpha tocopheryl acetate)	13.4 mg	89%
Thiamin (as thiamin mononitrate)	1.4 mg	117%
Riboflavin	1.6 mg	123%
Niacin (as niacinamide)	20 mg	125%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	1.4 mg	82%
Folate (as calcium L-5- methyltetrahydrofolate)††	500 mcg DFE	128%
Vitamin B <sub>12</sub> (as methylcobalamin)	6 mcg	250%
Biotin	38 mcg	127%
Pantothenic Acid (as D-calcium pantothenate)	10 mg	200%
Calcium (as calcium citrate malate)	15 mg	2%
Iron (as iron glycinate)	2 mg	11%
Iodine (as potassium iodide)	70 mcg	47%
Magnesium (as magnesium citrate and magnesium ascorbate)	15 mg	4%
Zinc (as zinc gluconate)	2 mg	18%
Copper (as copper gluconate)	0.1 mg	11%
Manganese (as manganese aspartate)	0.2 mg	9%
Quercetin	2 mg	***
Mixed Carotenoids (including beta- carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	825 mcg	***

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