

**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.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Porcine Free.  
**KEEP OUT OF REACH OF CHILDREN.**  
 Store in a cool, dry place.  
**For More Information:**  
 1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
 General Nutrition Corporation  
 Pittsburgh, PA 15222 USA

\* 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.

**GNC**  
 milestones®

**kids**

**Chewable Multivitamin  
 For Kids 2-12**

DIETARY SUPPLEMENT

**Bone, Immune Support,  
 Eye + Overall Health\***



*Gluten Free, No Dairy*

**Natural  
 Mixed Berry Flavor**

**60 CHEWABLE  
 TABLETS  
 30 SERVINGS**

CODE 585550

DUG

**DIRECTIONS:** As a dietary supplement, for children 2 years and older, take two tablets daily. For children 6 years and older, one additional serving can be taken daily or as directed by your pediatrician.

**Supplement Facts**

Serving Size/Servings Per Container	2 Tablets/30		4 Tablets/15	
Amount Per Serving	% Daily Value for Children 1 through 3 Years of Age	% Daily Value for for Adults and Children 4 or More Years of Age	% Daily Value for Adults and Children 4 or More Years of Age	
Calories.....	5.....	.....	5.....	
Total Carbohydrate.....	<1 g.....*	.....	1.5 g.....<1%†	
Sugars.....	<1 g.....*	.....	1.5 g.....*	
Vitamin A (100% as beta-Carotene).....	225 mcg.....75%	25%	450 mcg.....50%	
Vitamin C (as Ascorbic Acid).....	15 mg.....100%	17%	30 mg.....33%	
Vitamin D (as Cholecalciferol D-3).....	5 mcg.....33%	25%	10 mcg.....50%	
Vitamin E (as d-alpha Tocopheryl Succinate).....	4.13 mg.....69%	28%	8.26 mg.....55%	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate).....	0.5 mg.....100%	42%	1 mg.....83%	
Riboflavin (Vitamin B-2).....	0.5 mg.....100%	38%	1 mg.....77%	
Niacin (as Niacinamide).....	5 mg.....83%	31%	10 mg.....63%	
Vitamin B-6 (as Pyridoxine Hydrochloride).....	0.5 mg.....100%	29%	1 mg.....59%	
Folate.....	100 mcg DFE.....67%	25%	200 mcg DFE.....50%	
	(60 mcg Folic Acid)		(120 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin).....	0.5 mcg.....56%	21%	1 mcg.....42%	
Biotin.....	10 mcg.....125%	33%	20 mcg.....67%	
Pantothenic Acid (as Calcium Pantothenate).....	5 mg.....250%	100%	10 mg.....200%	
Choline (as Choline Bitartrate).....	0.02 mg.....0%	0%	0.04 mg.....0%	
Calcium.....	250 mg.....36%	19%	500 mg.....38%	
	(as Calcium Carbonate & Dicalcium Phosphate)			
Iron (as Ferrous Fumarate).....	2 mg.....29%	11%	4 mg.....22%	
Iodine (as Potassium Iodide).....	20 mcg.....22%	13%	40 mcg.....27%	
Magnesium (as Magnesium Oxide).....	40 mg.....50%	10%	80 mg.....19%	
Zinc (as Zinc Oxide).....	3 mg.....100%	27%	6 mg.....55%	
Manganese (as Manganese Sulfate).....	0.5 mg.....42%	22%	1 mg.....43%	
Inositol.....	20 mcg.....*	.....	40 mcg.....*	

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

**OTHER INGREDIENTS:** Sorbitol, Dextrose, Xylitol, Natural Berry Flavor, Citric Acid, Stearic Acid Vegetable Source, Calcium Silicate, Mono- & Diglycerides, Polydextrose, Silica, Magnesium Stearate, Sodium Carboxymethylcellulose, Tricalcium Phosphate, Corn Starch, Glycerides, Sucrose, Maltodextrin, Gum Arabic, Hydroxypropyl Methylcellulose, dl-alpha Tocopherol, Povidone, Cellulose, Hydrogenated Soy Oil, Microcrystalline Cellulose, Mineral Oil, Modified Food Starch, Propylene Glycol, Trisodium Citrate, Vegetable Juice (Color).

Lot No./Expire Date:

