

## Children's Chewable

**(U.S. product)**

**Article No. 02271 (30- to 60-day supply)**

Children generally have the worst eating habits of anyone. That's ironic, because it is at this young age that their immune systems are weakest, and children require solid nutrition for proper growth and development. Experts agree that it is vitally important for children to take supplements to guarantee they are getting all the vitamins and minerals their growing bodies need. Watkins Children's Chewable contains more vitamins and minerals than the leading brands, plus whole fruit and vegetable concentrates and lactic cultures. Sweetened with fruit sugar—no sucrose or aspartame! 60 caplets; two per day (one per day under the age of 4).



- **More vitamins and minerals than the leading brands:** Not just in number, but also in potency. Contains twice the carotenes (mixed, not just beta carotene), and two-thirds more vitamin C, plus the important antioxidant mineral selenium not found in many other brands.
- **Whole food concentrates:** Contains concentrates of 33 whole fruits, vegetables and green foods. This provides a source of protective compounds called phytonutrients, which have antioxidant and other properties.\*
- **Lactospore® living lactic cultures:** Beneficial bacteria similar to those found in yogurt, but more potent. These bacteria inhabit the intestine, aiding in proper digestion and elimination of toxins, as well as supporting the developing immune systems of growing children.\*
- **All-natural flavor and color:** Unlike the leading brands, Watkins Children's Chewable contains no dyes or artificial flavors.
- **Naturally sweetened:** Sweetened with pure fruit sugar (fructose); contains no sucrose (table sugar) or aspartame, as found in leading brands.
- **Chewable:** Recommended for youngsters not yet able to swallow caplets easily. Natural flavors and colors appeal to kids. Please Note: Unlike our other dietary supplements, Watkins Children's Chewable does not contain our Watkins Bio-Activator™ Blend of black pepper and ginger. These spices, if included in a chewable product, could result in a taste that would be unpleasant for children.
- **Childproof cap:** Preserves freshness; lets adult control vitamin intake. Vitamin overdose can be dangerous for anyone, especially children.

**Supplement Facts**

Servings per container 30-60

Serving Size  
2 Tablets for children  
4 years and older

Serving Size  
1 Tablet for children  
less than 4 years of age

|   | Amount per Serving | % DV | Amount Per Serving | % DV |
|---|--------------------|------|--------------------|------|
| Vitamin A (100% alpha and beta carotene with Dunaliella salina)   | 5000 IU            | 100  | 2,500 IU           | 100  |
| Vitamin C (ascorbic acid)   | 100 mg             | 167  | 50 mg              | 125  |
| Vitamin D (cholecalciferol)   | 400 IU             | 100  | 200 IU             | 50   |
| Vitamin E (dl-alpha tocopherol acetate, d-alpha tocopherol succinate)   | 30 IU              | 100  | 15 IU              | 150  |
| Vitamin K (phylloquinone)   | 25 mcg             | 31   | 12.5 mg            | †    |
| Thiamin (thiamin mononitrate)   | 1.5 mg             | 100  | 0.75 mg            | 107  |
| Riboflavin (riboflavin)   | 1.7 mg             | 100  | 0.85 mg            | 106  |
| Niacin (niacinamide)  | 20 mg              | 100  | 10 mg              | 111  |
| Vitamin B-6 (pyridoxine hydrochloride)  | 2 mg               | 100  | 1 mg               | 143  |
| Folate (folic acid)   | 400 mcg            | 100  | 200 mcg            | 100  |
| Vitamin B-12 (cyanocobalamin)   | 6 mcg              | 100  | 3 mcg              | 100  |
| Biotin  | 300 mcg            | 100  | 150 mcg            | 100  |
| Pantothenic acid (D-calcium pantothenate)   | 10 mg              | 100  | 5 mg               | 100  |
| Calcium (calcium carbonate)   | 100 mg             | 10   | 50 mg              | 6    |
| Iron (chelated ferrous fumarate)  | 4.5 mg             | 25   | 2.25 mg            | 22   |
| Iodine (potassium iodide)   | 150 mg             | 100  | 75 mcg             | 50   |
| Magnesium (magnesium oxide)   | 25 mg              | 6    | 12.5 mg            | 6    |
| Zinc (chelated zinc citrate)  | 15 mg              | 100  | 7.5 mg             | 94   |
| Selenium (selenomethionine)   | 70 mcg             | 100  | 35 mcg             | †    |
| Copper (copper oxide)   | 2 mg               | 100  | 1 mg               | 100  |
| Manganese (manganese sulfate)   | 2 mg               | 100  | 1 mg               | †    |
| Chromium (chelated chromium dinicotinate glycinate)   | 120 mcg            | 100  | 60 mcg             | †    |
| Molybdenum (sodium molybdate)   | 75 mcg             | 100  | 37.5 mcg           | †    |
| Silica (colloidal silica)   | 35 mg              | †    | 17.5 mg            | †    |
| Fruit, Vegetable and Green Foods Blend  | 1250 mg            | †    | 625 mg             | †    |
| <small>Alfalfa, apple, apricot, artichoke, asparagus, banana, barley grass, beet, black currant, broccoli, Brussels sprouts, cantaloupe, carrot, cherry, chlorella algae, cranberry, garlic, grape, green peas, guava, kiwi, mango, onion, papaya, peach, pineapple, raspberry, spinach, spirulina blue-green algae, strawberry, tangerine, tomato, yellow squash</small> |                    |      |                    |      |
| Lactospore® natural living lactic cultures ( <i>Bacillus coagulans</i> )  | 50 million         | †    | 25 million         | †    |

† Daily value (DV) not established.

Other ingredients: Crystalline fructose, sorbitol, natural flavors and colors, microcrystalline cellulose, stearic acid, carrageenan, maltodextrin, magnesium stearate, stearine, citric acid.

*\*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.*

Formulated and analyzed to meet stringent USP (United States Pharmacopeia) standards.

### **Testimonial —**

*Individual results may vary. Consult your physician before taking any dietary supplements.*

“My 8-year old daughter used to have ear infections every month. Since using Watkins Children's Chewables, she no longer has ear infections and has missed no days of school from illness. We use many of Watkins dietary supplements, and it's the best health insurance investment we've ever made.”

**—Laurie Bird, Arizona**