



Flintstones + Extra Iron Chewable

Directions: Under adult supervision product should be fully chewed or crushed. Children 2 & 3 years of age: **Fully chew** one-half tablet daily, with food. Adults and children 4 years of age and older: **Fully chew** one tablet daily, with food.

Supplement Facts		
Serving Size: ½ tablet (2 & 3 years of age); 1 tablet (4 years of age and older)		
Servings Per Container: (number of tablets X 2); (number of tablets)		
Amount Per Tablet	% Daily Value for Children 2 & 3 Years of Age (1/2 Tablet)	% Daily Value for Adults and Children 4 Years of Age and Older (1 Tablet)
Total Carbohydrate < 1 g	<1%**	<1%*
Total Sugars 0 g	†	†
Includes 0g Added Sugars	0%**	0%*
Sugar Alcohol 0 g	†	†
Vitamin A 400 mcg (10% as beta-carotene)	67%	44%
Vitamin C 25 mg	83%	28%
Vitamin D 15 mcg (600 IU)	50%	75%
Vitamin E 7 mg	58%	47%
Thiamin (B ₁) 0.6 mg	60%	50%
Riboflavin (B ₂) 0.6 mg	60%	46%
Niacin 8 mg	67%	50%
Vitamin B ₆ 0.6 mg	60%	35%
Folate 200 mcg DFE (120 mcg Folic Acid)	67%	50%
Vitamin B ₁₂ 1.2 mcg	67%	50%
Biotin 12 mcg	75%	40%
Pantothenic Acid 3 mg	75%	60%
Iron 18 mg	129%	100%
Iodine 90 mcg	50%	60%
Zinc 5 mg	83%	45%
*Percent Daily Values are based on a 2,000 calorie diet.		
**Percent Daily Values are based on a 1,000 calorie diet.		
†Daily Value not established.		

Ingredients: Sorbitol, Maltodextrin, Mannitol, Fructose‡, Ferrous Sulfate, Stearic Acid, Corn Starch, Sodium Ascorbate, Citric Acid, Acacia, Color (Annatto Extract [Seed], Red Beet Juice, Red Sweet Potato Juice, Spirulina Extract, Turmeric Oleoresin), Modified Food Starch, Vitamin E Acetate, Natural Flavor, Magnesium Stearate, Niacinamide, Zinc Oxide, Silicon Dioxide, Gelatin, D-Calcium Pantothenate, Sucralose, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Vitamin A Acetate, Ascorbic Acid, Beta-Carotene, Folic Acid, Potassium Iodide, Lactic Acid, Vitamin D₃ (Cholecalciferol), Biotin, Vitamin B₁₂ (Cyanocobalamin).

Contains: Wheat.

‡Adds a trivial amount of sugar



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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.

KEEP OUT OF REACH OF CHILDREN

Not for children under 2 years of age.

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

Do not exceed recommended intake

CHILD RESISTANT CAP

Contact information –

Questions or comments?

Please call 1-800-800-4793 (Mon – Fri 9AM – 5PM EST)