



# Kids “Funtastic” Multi-Vitamins & Minerals

*Nature’s Harmony® Kids “Funtastic” Multi-vitamins & Minerals helps kids get excited about taking their daily supplement. Fun and tasty chewable jungle animal characters are naturally sweetened without sugars or chemicals. This supplement is ideal for parents who want to ensure their child receives an excellent supply of vitamins, minerals and essential antioxidants necessary for their children’s growth and development.*

PRODUCT CODE: 400672 (90 tablets); 400670 (180 tablets)

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health.	Chewable tablet	Children four years and older take 1 tablet daily with a meal.

## DESCRIPTION:

Kids “Funtastic” Chewable Multi-vitamins & Minerals is a tasty, kid-friendly supplement that provides an ideal blend of antioxidants, vitamins and minerals. The chewable tablets can also be dissolved in milk or fruit juice for children reluctant to taking any kind of supplement. Available in four “Funtastic” animal shapes (elephants, lions, tigers and hippos), they contain the superior, highly bioavailable citrate form of calcium called calcium citrate. With today’s high-sugar diets, children eliminate chromium at higher rates than ever before; therefore, Kids “Funtastic” Chewables include chromium to help regulate blood sugar levels and possibly decrease the risk of diabetes.

**Recommended Daily Allowance:** Refer to a Nutrient Allowance Chart.

**Food Sources:** Fruits, vegetables, grains, meat, fish.

**Causes of Deficiency:** Poor eating habits, restrictive or low-calorie diets, some prescription medications, chronic stress.

**Symptoms of Deficiency:** Nutrition-related inflammatory or degenerative conditions, frequent infections, fatigue.

**Complementary Nutrients:** Omega-3 supplement (Smartfish®).

## HOW IT WORKS:

Kids “Funtastic” Chewable delivers a daily supply of multi-vitamins and minerals and antioxidants that can help prevent deficiency diseases and promote optimum growth and development. Although parents may offer healthy foods to their children, there are often many dietary situations beyond their control. As a result, a child may not receive sufficient quantities of essential nutrients on a daily basis.

# Kids "Funtastic" Multi-Vitamins & Minerals

## RESEARCH:

Studies have shown that Canadian children are often not getting enough vitamins and minerals from their diet. This creates many problems in a child's muscular and skeletal development, and it adversely affects their intellectual ability. A UN report on nutrition advises that even obese children can be nutritionally deficient. Inadequate nutrients in childhood can cause poor health throughout life and increase the risk of chronic disease.

## SIDE EFFECTS:

None known at appropriate individual dosages.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Not recommended for children under four years old unless recommended by a health care practitioner. There is a fairly wide margin of safety concerning vitamins and minerals. If taken as directed, a multi-vitamin and mineral supplement poses few if any safety concerns. Before starting a supplement regime, parents should consult a health care practitioner if a child is taking any prescription medications.

## OTHER CONSIDERATIONS:

Parents should instruct children that supplements are not candy or treats.

## LABEL:

**Natures Harmony**

**Sans sucre  
Aucun arôme ni colorant/artificiels**

**Amusants pour les enfants**

**Multivitamines et minéraux**

**Un facteur dans le maintien d'une bonne santé**

**90 comprimés à croquer**

Usage recommandé: Un facteur dans le maintien d'une bonne santé. Dose recommandée (enfants de 4 ans et plus): Prendre 1 comprimé à croquer par jour, accompagné d'un repas.

**Ingredients médicinaux:**

Vitamine A (bêta-carotène).....	346 mcg EAR/1152 UI	Bêta-carotène	346 mcg EAR/1152 UI
Caroténoïdes mixtes.....	299.5 mcg EAR/999 mcg/1995 IU	Vitamine B1 (thiamine)	1 mg
Vitamine B2 (riboflavine).....	1 mg	Vitamine B6 (pyridoxine HCl)	1 mg
Vitamine B12 (cyanocobalamine).....	5 mcg	Vitamine B12 (cyanocobalamine)	5 mcg
Vitamine C (acide ascorbique, ascorbate de sodium, ascorbate de calcium).....	75 mg	Vitamine C (acide ascorbique, ascorbate de sodium, ascorbate de calcium)	75 mg
Vitamine D (cholécalciférol).....	5 mcg/200 UI	Vitamine D (cholécalciférol)	5 mcg/200 UI
Vitamine E (D- $\alpha$ -tocophéryl acétate).....	5 mg/177.5 UI	Vitamine E (D- $\alpha$ -tocophéryl acétate)	5 mg/177.5 UI
Biotine.....	5 mcg	Biotine	5 mcg
Folate (acide folique).....	50 mcg	Folate (acide folique)	50 mcg
Niacéamide.....	5 mg	Niacéamide	5 mg
Acide pantothénique (D-pantothénate de calcium).....	5 mg	Pantothénique (D-calcium pantothénate)	5 mg
Riboflavine.....	1.5 mg	Riboflavine	1.5 mg
Thiamine (mononitrate de thiamine).....	1 mg	Thiamine (mononitrate)	1 mg
Calcium (carbonate de calcium, citrate de calcium).....	65 mg	Calcium (calcium carbonate, calcium citrate)	65 mg
Chrome (sulfate amolé de chrome chélate).....	15 mcg	Chromium (amino acid chelate)	15 mcg
Cuivre (sulfate de cuivre).....	0.5 mg	Copper (cupric oxide)	0.5 mg
Iron (iodure de potassium).....	50 mcg	Iron (potassium iodide)	50 mcg
Fer ( fumarate ferreux).....	2 mg	Iron (ferrous fumarate)	2 mg
Magnésium (oxyde de magnésium, citrate de magnésium).....	32.5 mg	Magnesium (magnesium oxide, magnesium citrate)	32.5 mg
Manganèse (glycérate de manganèse).....	0.5 mg	Manganese (glycerate)	0.5 mg
Potassium (glycérate de potassium).....	5 mg	Potassium (glycerate)	5 mg
Zinc (oxyde de zinc).....	1 mg	Zinc (zinc oxide)	1 mg

**Ingredients non médicinaux:** xylitol, cellulose microcristalline, isolat de protéine de petit-lait, stéarine végétale, stévia, stéarate de magnésium, dioxyde de silicium, acide citrique, colorant naturel (poudre de jus de betterave, chou rouge, curcuma), saveur naturelle (raisin, cerise, pêche, ananas, fraise).

**Informations sur les risques:** Non recommandé pour les enfants âgés de moins de quatre ans sauf sur avis d'un praticien de soins de santé. Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez tout médicament d'ordonnance ou si vous souffrez d'une mauvaise fonction de foie. Discontinuer l'usage si vous manifestez de façon prolongée des bouffées congestives, une sensation de brûlement, de picotement ou de démangeaison sur le visage, les bras ou la poitrine. Éviter de prendre dans les deux heures avant ou après la prise médicamenteuse. Ne pas utiliser si vous souffrez d'un trouble métabolique caractérisé par une accumulation de cuivre tel que la maladie de Wilson.

Ce produit ne contient ni ingrédients laitiers, œuf, crustacés, soja, blé, ni colorants, arômes ou agents de conservation artificiels.

**Natures Harmony**

**Sugar-free  
No Artificial Colors/Flavours**

**Kids Funtastic**

**Multi-Vitamins & Minerals**

**A factor in the maintenance of good health**

**90 Chewable Tablets**

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. GARDER DANS UN ENDROIT SEC ET FRAIS.

**DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.**

Manufactured for / Fabriqué pour: Purely Life Health Products  
A division of/Une division de SunOpta Inc.  
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For more information visit [www.naturesharmony.com](http://www.naturesharmony.com) or call 1-877-929-2548. Pour plus d'information, visitez le site [www.naturesharmony.com](http://www.naturesharmony.com) ou composez le 1 877 929-2548.

\*Animal shapes: elephants, lions, hippos, tigers.  
\*Formes animales: éléphants, lions, hippopotames, tigres.

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