

# dotFIT KidsMV



## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	%Daily Value Children <4	%Daily Value Children & Adults >4
Vitamin A (as Beta-Carotene 2,000 IU and Retinyl Palmitate 500 IU)	2,500 IU	100%	50%
Vitamin C (as Ascorbic Acid)	50 mg	125%	83%
Vitamin D (as cholecalciferol)	250 IU	63%	63%
Vitamin E (as D-Alpha-Tocopheryl Succinate)	20 IU	200%	67%
Vitamin K (as Phytonadione)	30 mcg	*	38%
Thiamin (as Thiamin Mononitrate)	1 mg	143%	67%
Riboflavin	1 mg	125%	59%
Niacin (as Niacinamide)	6 mg	67%	30%
Vitamin B6 (as Pyridoxine HCl)	1 mg	143%	50%
Folate (as Folic Acid)	100 mcg	50%	25%
Vitamin B12 (as Cyanocobalamin)	3 mcg	100%	50%
Biotin	10 mcg	7%	3%
Pantothenic acid (as D-Calcium Pantothenate)	2 mg	40%	20%
Iron (as Ferrous Fumarate)	5 mg	50%	28%
Iodine (as Potassium Iodide)	50 mcg	71%	33%
Magnesium (as Magnesium Oxide)	20 mg	10%	5%
Zinc (as Zinc Oxide)	5 mg	63%	33%
Selenium (as Selenomethionine)	20 mcg	*	29%
Choline Bitartrate	100 mg	*	*

\* Daily Value based on a 2,000 calorie diet.

\* Daily Value not established.

### Who is this for?

- Children between the age of 2 and 11.
- Most children do not receive the recommended amounts of all essential nutrients through food alone, making this product necessary for filling nutrient gaps, supporting growth, development, health, and daily recovery.

### What makes this product unique?

- This is a full-spectrum multivitamin & mineral formula
- Emphasis on Vitamin D to support bone and overall health
- Chewable tablets
- New and improved formula contains choline, an essential nutrient for child development.

### How should I take this?

- Take one (1) tablet with food 1-2 times