

## DIRECTIONS

Shake gently before use.

Adults: 10 ml/day

Children (age 11 – 18): 10 ml/day

Children (age 7 – 10): 5 ml/day

Children (age 3 – 6): 2.5 ml/day

Suitable for use during pregnancy.

Take with or without food.

Once opened consume within 3 months.

## WARNINGS

- Do not exceed the recommended daily dose.
- This product contains iron, which, if taken in excess may be harmful to very young children. Keep out of the sight and reach of children.
- Do not use if seal is broken.
- Do not store above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

If you are taking any medications or have any medical conditions, please consult your doctor before taking any food supplement.

## INGREDIENTS

Mineral Water, Pear juice concentrate (20%), Natural Blueberry (*Vaccinium myrtillus*) Juice (2%), Vitamin C (Ascorbic Acid), Iron (Ferric Saccharate), Acidity Regulator: Citric Acid, Zinc Gluconate, Thickener: Xanthan Gum, Vitamin B12 (Cyanocobalamin), Preservative: Potassium Sorbate, Folic Acid (Calcium-L-methyl-folate), Biotin.

## NUTRITIONAL INFORMATION

Amount per 100 ml

Energy	260kJ (61kcal)
Fat	0 g
of which saturates	0 g
Carbohydrate	15 g
of which sugars	11 g
Protein	0.2 g
Salt	0 g

Typical values (\*RI = Reference Intake)

Nutrient	per 10 ml dose	% RI*
Iron	14 mg	100
Vitamin C	32 mg	40
Vitamin B12	0.48 µg	19
Folic acid	80 µg	40
Biotin	10 µg	20
Zinc	2.3 mg	23

**BEST BEFORE:**

**LOT NO.:**