





Vitamin Fact Sheet










Vitamins are nutrients your body needs for normal cell function, growth, and development

FloraFol Pediatric Multivitamins provide these essential vitamins for children’s growing bodies while offering beneficial Fluoride. Ask your pediatrician about FloraFol.

VITAMIN	WHAT IT DOES	WHERE IT’S FOUND	AMT	% DV CHILDREN	
				4 to 8yrs	9yrs+
 <p>Vitamin A</p>	<ul style="list-style-type: none"> • Growth and development • Immune function • Red blood cell formation • Reproduction • Skin and bone formation • Vision 	<ul style="list-style-type: none"> • Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables² • Pumpkin • Red peppers • Sweet potatoes 	700mcg	175%	117%
 <p>Vitamin B1 Thiamin</p>	<ul style="list-style-type: none"> • Conversion of food to energy • Nervous system function 	<ul style="list-style-type: none"> • Beans and peas • Enriched grain products¹ • Nuts • Pork • Sunflower seeds • Whole grains 	1 mg	167%	111%
 <p>Vitamin B2 Riboflavin</p>	<ul style="list-style-type: none"> • Conversion of food to energy • Growth and development • Red blood cell formation 	<ul style="list-style-type: none"> • Eggs • Enriched grain products¹ • Meat • Milk • Mushrooms • Poultry • Seafood³ • Spinach 	1 mg	167%	111%
 <p>Vitamin B3 Niacin</p>	<ul style="list-style-type: none"> • Cholesterol production • Conversion of food to energy • Digestion • Nervous system function 	<ul style="list-style-type: none"> • Beans • Beef • Enriched grain products¹ • Nuts • Pork • Poultry • Seafood • Whole grains 	12 mg	150%	100%

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				4 to 8yrs	9yrs+
 <p>Vitamin B6</p>	<ul style="list-style-type: none"> • Immune function • Nervous system function • Protein, carb, and fat metabolism • Red blood cell formation 	<ul style="list-style-type: none"> • Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna 	1.15mg	192%	115%
 <p>Vitamin B9 Folate</p>	<ul style="list-style-type: none"> • Prevention of birth defects • Protein metabolism • Red blood cell formation 	<ul style="list-style-type: none"> • Asparagus • Avocados • Beans and peas • Enriched grain products¹ • Green leafy vegetables² • Oranges and orange juice 	250 mcg DFE*	292%	194%
 <p>Vitamin B12</p>	<ul style="list-style-type: none"> • Conversion of food to energy • Nervous system function • Red blood cell formation 	<ul style="list-style-type: none"> • Dairy products • Eggs • Fortified cereals • Meat • Poultry • Seafood³ 	3.5 mcg	125%	83%
 <p>Vitamin C</p>	<ul style="list-style-type: none"> • Antioxidant • Collagen and connective tissue • Immune function • Wound healing 	<ul style="list-style-type: none"> • Fruit⁴ • Juices⁵ • Vegetables⁶ 	70 mg	280%	156%
 <p>Vitamin D</p>	<ul style="list-style-type: none"> • Blood pressure regulation • Bone growth • Calcium balance • Hormone production • Immune function • Nervous system function 	<ul style="list-style-type: none"> • Beef liver • Egg yolks • Fish⁷ • Fish oil and cod liver oil • Fortified dairy products • Fortified orange juice • Fortified soy beverages • Fortified RTE cereals • Mushrooms 	12 mcg	80%	80%
 <p>Vitamin E</p>	<ul style="list-style-type: none"> • Antioxidant • Formation of blood vessels • Immune function 	<ul style="list-style-type: none"> • Fortified cereals and juices • Green vegetables² • Nuts and seeds • Peanuts and peanut butter • Vegetable oils 	11.5 mg	164%	105%
 <p>Fluoride</p>	<ul style="list-style-type: none"> • Prevents tooth decay • Remineralizes teeth • Reduces cavities • Inhibits bacterial growth • Strengthens and protects • Reduces tooth sensitivity 	<ul style="list-style-type: none"> • Foods grown certain soil • Rocks and soil • Natural water sources 	0.5 mg	50%	25%

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Legend

1. Enriched grain products such as bread, pasta, rice
2. Green leafy vegetables such as spinach
3. Seafood such as clams, trout, salmon, haddock, tuna
4. Fruit such as cantaloupe, citrus fruits, kiwifruit, and strawberries
5. Juices such as oranges, grapefruit, and tomato
6. Vegetables such as broccoli, brussels sprouts, peppers, and tomatoes
7. Fish such as flounder, herring, salmon, trout, and tuna

Keep out of reach of children. In case of accidental overdose, seek professional emergency assistance (911) or contact the Poison Control Center immediately (1-800-222-1222).

This product is not designed to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA.