



chewable vitamin c

Is Your Child Getting Enough of This Critical Vitamin?

Unlike most animals on planet Earth, humans don't make their own vitamin C. We have to get our vitamin C from foods like cantaloupe, oranges, or broccoli. If your little ones are picky eaters and don't eat very many fruits or vegetables, they might not be getting enough vitamin C. In fact, when they eat cookies, ice cream, cake, or pie their bodies might not be absorbing enough of this important nutrient. That's because sugar blocks the absorption of vitamin C. For an energetic and active child, or one that prefers sweets over fruits and vegetables, supplementing with vitamin C ensures that your child will get enough of this vitamin and all of its health benefits.*

Help Strengthen Your Child's Immune System*

Vitamin C is best known for its ability to support immune health. Children of all ages need a strong immune system to fight off the germs that cause colds, flus, and infections. Children are exposed to countless microbes at playgroups, daycares, or school and they aren't always good about washing their hands. Keep your family healthy throughout the year with robust levels of vitamin C. It's one of your immune system's best friends.*

Boost Iron Absorption for Healthy Attention Span and Sleep*

Beyond immune health, vitamin C has another critical role to play. Your child's body needs it in order to absorb iron. Healthy levels of this mineral are associated with attention span, mood, and getting enough sleep. While giving higher doses of iron to kids can lead to an upset tummy, lower doses of iron together with vitamin C can boost absorption of the mineral and may help lower the instance of stomach upset.*

A Multi-Talented Nutrient

Vitamin C produces collagen—the building block of your child's skin, teeth, and bones. That means it is necessary for healing cuts, scrapes, bruises, and breaks, and it's a powerful free-radical fighter that goes up to bat against oxidative stress to support kids' overall health and wellness.*

A Delicious Way For Kids To Get Enough Vitamin C

An easy way to increase your child's vitamin C intake is through **chewable vitamin c**. It's ideal for children who don't like to swallow pills, and it comes in a delicious natural cherry flavor, so even the pickiest of eaters will enjoy it.

What's more, **chewable vitamin c** contains bioflavonoids, plant compounds that help vitamin C work 50% better.*

chewable vitamin c is recommended for:

- Improving Iron Absorption*
- Immune Health*
- Supporting healthy skin, teeth, and bones*
- Promoting tissue healing and repair*
- Reducing the free radical damage of daily living*
- Overall health and wellness*

You can't always control what your kids eat, but you can strengthen their immune system, improve their mineral absorption, and help them build healthy skin, teeth, and bones by giving them a tasty **chewable vitamin c** every day.*



Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving

Calories	10
Total Carbohydrates	2 g
Vitamin C	
(as Ascorbic Acid and Calcium Ascorbate)	300 mg
Mixed Citrus Bioflavonoids	30 mg
Pectin	5 mg
Rose Hips	5 mg
Stevia Leaf Extract	6 mg

Other ingredients: sorbitol, fructose, microcrystalline cellulose, silicon dioxide, cherry powder, stearic acid, vegetable stearate, natural cherry flavor, natural cranberry flavor.

Suggested Use: As a dietary supplement, children 4 or older take 1 chewable tablet with each meal, or as directed by your healthcare practitioner.

**EMPOWERING KIDS.
FROM THE INSIDE OUT.**
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Warning: If your child has any health conditions, consult your healthcare practitioner before taking this product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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