



vitafusion™

THE SUPPLEMENT FACTS PANEL

HOW TO READ IT, WHY YOU NEED IT

Similar to a food package, there's a panel on supplements that tells you the amounts and types of dietary ingredients in that product. This Supplement Facts panel helps you make informed decisions about nutrition and supplements for you and your family.

MAIN LABEL SECTIONS

Supplement Facts		
1 Serving Size 2 Gummy Vitamins		
2 Servings Per Bottle 130		
3 Amount Per Serving	4 % Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%†
Total Sugars	3 g	**
Includes 3 g Added Sugars		6%†
Vitamin A (as retinyl palmitate)	450 mcg RAE	50%
Vitamin C (as ascorbic acid, sodium ascorbate)	36 mg	40%
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as dl-alpha-tocopheryl acetate)	15 mg	100%
Niacin (as inositol niacinate)	8 mg NE	50%
Vitamin B-6 (as pyridoxine HCl)	1.7 mg	100%
Folate	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B-12 (as cyanocobalamin)	4.8 mcg	200%
Biotin	30 mcg	100%
Pantothenic acid (as calcium d-pantothenate)	3 mg	60%
Chromium (as chromium picolinate)	35 mcg	100%
Molybdenum (as molybdenum citrate)	11 mcg	24%
Sodium	10 mg	<1%
Inositol (as inositol niacinate)	1.5 mg	**
Boron (as boron citrate)	150 mcg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other ingredients: Glucose syrup, sugar, water, gelatin; less than 2% of: blend of oils (coconut and/or palm) with beeswax and/or carnauba wax, citric acid, colors (annatto extract, blueberry and carrot concentrates), lactic acid, natural flavors, and pectin. **Contains: tree nuts (coconut).** Processed in a facility with products that contain egg, fish, shellfish, soy and tree nuts.

- 1 Serving size:** Tells you the recommended number of supplements to take at one time.
- 2 Servings per container:** By knowing how many servings are in the container, you know how long it will last when you take as directed. This is also useful to help you compare the price per serving.
- 3 Amount per serving:** Lists the dietary ingredients and how much of each nutrient is included per serving. Depending on the ingredient, it's often listed in grams (g), milligrams (mg) or micrograms (mcg). Next to some nutrients, you will also see the type, or source, of that vitamin or mineral.
- 4 Percent Daily Value:** The percent of the recommended daily dose of a dietary ingredient in each serving of that product. Your unique needs (based on age, gender, life stage, etc.) may be different from the Daily Value, but it gives you a general idea of how much a supplement is contributing to your recommended intake. Talk to your healthcare provider if you have questions about your specific nutrient needs.

ADDITIONAL IMPORTANT LABEL INFO

Vitamin B-12 (as cyanocobalamin)	4.8 mcg	200%
Biotin	30 mcg	100%
Pantothenic acid (as calcium d-pantothenate)	3 mg	60%
Chromium (as chromium picolinate)	35 mcg	100%
Molybdenum (as molybdenum citrate)	11 mcg	24%
Sodium	10 mg	<1%
Inositol (as inositol niacinate)	1.5 mg	**
Boron (as boron citrate)	150 mcg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

1 Other ingredients: Glucose syrup, sugar, water, gelatin; less than 2% of: blend of oils (coconut and/or palm) with beeswax and/or carnauba wax, citric acid, colors (annatto extract, blueberry and carrot concentrates), lactic acid, natural flavors, and pectin. **2 Contains:** tree nuts (coconut). Processed in a facility with products that contain egg, fish, shellfish, soy and tree nuts.

1 Other ingredients: The product's non-dietary ingredients, such as flavors, or ingredients that form a gummy, tablet, or capsule. If you have food or ingredient allergies, it's important to read this section.

2 Contains: This is a voluntary section that companies may include to note allergen information. If you have food or ingredient allergies, be sure to read this section. If the supplement contains any of the top nine allergens—milk, egg, fish, shellfish, tree nuts, wheat, peanuts, soy, and sesame—they will be listed here.

Directions: Guidance on taking the supplement, such as whether to take it with or without food, at a particular time of day, or allowing a certain amount of time before bedtime.

Warnings/caution: Any specific warnings for the product. Commonly, you'll see the message "Keep Out of Reach of Children."

Company's information: This section contains the company's contact information, such as its physical address or website.

HOW THE FACTS CAN HELP YOU

The Supplement Facts panel allows you to compare ingredients across brands and product types to decide which supplement is best for you. Because all U.S. supplement panels must follow the same layout and contain the same basic information, you can easily compare products. For example, you can use the labels of two Vitamin D supplements to compare the amounts of Vitamin D per serving and their serving sizes.

If you have questions about choosing a specific supplement, talk to your healthcare provider.

Brought to you by the **vitafusion**[™] nutrition experts.

***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.**