



Super Bears™ Multivitamins & Minerals

Super Bears™ Multivitamins & Minerals is a delicious, kid-friendly supplement that provides an ideal blend of vitamins and minerals in a great-tasting chewable gummie. These soft chewable gummies can be chewed or sucked. They are naturally flavoured with fruit juices and come in three different natural colours. Which will be your child's favourite?

PRODUCT CODE: 400139

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For the maintenance of good health.	Chewable gummie	Take with food. <i>Children ages 4 to 8:</i> Take 1 to 3 pieces daily. <i>Adolescents ages 9 to 13:</i> Take 1 to 6 pieces daily. <i>Adolescents ages 14 to 18:</i> Take 2 to 9 pieces daily. <i>Adults:</i> Take 2 to 10 pieces daily. Take a few hours before or after a medication.

DESCRIPTION:

Each chewable gummie provides 833.3 IU/252 mcg RAE* vitamin A (palmitate), 10 mg vitamin C (ascorbic acid), 50 IU/1.2 mcg vitamin D (cholecalciferol), 5 IU/3.3 mg ATE† vitamin E (d-alpha-tocopheryl succinate), 333 mcg vitamin B6 (pyridoxine hydrochloride), 0.8 mg niacin (niacinamide), 66.6 mcg folate (folic acid), 1 mcg vitamin B12 (cyanocobalamin), 23 mcg biotin, 1.6 mg pantothenic acid (calcium pantothenate), 25 mcg iodine (potassium iodine), 2.5 mg zinc (citrate), 5 mcg choline (lipotropic factor), and 5 mcg inositol (lipotropic factor).

*RAE = retinol activity equivalent.
†ATE = alpha-tocopherol equivalent.

Recommended Daily Allowance:	Dosage for each nutrient varies, depending on age.
Food Sources:	Fruits, vegetables, whole grains, nuts, seeds, meats, fish.
Causes of Deficiency:	Poor eating habits, restrictive or low calorie diets, some prescription medications, chronic stress.
Symptoms of Deficiency:	Nutrition-related inflammatory or degenerative conditions, frequent infections, fatigue.
Complementary Nutrients:	Omega-3 supplement

HOW IT WORKS:

Super Bears™ Multivitamins & Minerals provides a balanced dose of the basic vitamins and minerals. Although a multivitamin and mineral supplement cannot take the place of a nutrient-rich diet and plenty of outdoor activity, it can help prevent deficiency diseases and can also promote optimum growth and development.



DID YOU KNOW...

Many studies indicate that most diets, even healthy ones, fall well below the Recommended Dietary Allowance for many nutrients.

Super Bears™ Multivitamins & Minerals

RESEARCH:

Scientific and clinical studies support the efficacy of Nature's Harmony® Super Bears™ Multivitamins & Minerals. Studies have shown that Canadian children are often not getting enough vitamins and minerals from their diet. This creates many problems in a child's muscular and skeletal development, and it adversely affects their intellectual ability. A UN report on nutrition advises that even obese children can be nutritionally deficient. Inadequate nutrients in childhood can cause poor health throughout life and increase the risk of chronic disease.

SIDE EFFECTS:

None known at appropriate individual dosages.

INTERACTIONS AND SAFETY CONSIDERATIONS:


Not recommended for children under 4 years of age unless recommended by a health care practitioner. There is a fairly wide margin of safety concerning vitamins and minerals. If taken as directed, a multivitamin and mineral supplement poses few if any safety concerns for children. Before starting a supplement regime, parents should consult a health care practitioner if a child is taking any prescription medications.

OTHER CONSIDERATIONS:

Use only as directed and be sure to instruct children that their gummies are not candy or treats. A full container of gummies contains enough medicinal ingredients to harm a child. Nutritional supplements should always be kept out of reach of children.


LABEL:

GOÛT SUCCULENT!



Multivitamines et minéraux
Pour le maintien d'une bonne santé
100 oursons gélifiés
NPN 80008229
SAVEURS ET COLORANTS NATURELS

GREAT TASTE!



Multivitamins & Minerals
For the Maintenance of Good Health
100 Gummies
NPN 80008229
NATURAL COLOURS & FLAVOURS

Usage recommandé : Pour le maintien d'une bonne santé.
Dose recommandée : Prendre avec de la nourriture.
Enfants de 4 à 8 ans : prendre 1 à 3 gélifiés par jour.
Adolescents de 9 à 13 ans : prendre 1 à 6 gélifiés par jour.
Adolescents de 14 à 18 ans : prendre 2 à 9 gélifiés par jour.
Adultes : prendre 2 à 10 gélifiés par jour.
Prendre quelques heures avant ou après avoir pris un médicament.

Ingédients médicinaux :
Chaque dragée à mâcher (gélifié) contient :
Vitamine A (palmitate) 833.3 UI/252 mcg EAR
Vitamine C (acide ascorbique) 10 mg
Vitamine D (cholecalcérol) 50 UI/1.25 mcg
Vitamine E (acétate de d-alpha-tocophéryle) 5 UI/3.3 mg AT
Vitamine B6 (chlorhydrate de pyridoxine) 0.33 mg
Niacinamide 0.8 mg
Folate (acide folique) 66.6 mcg
Vitamine B12 (cyanocobalamine) 1 mcg
Biotine 23 mcg
Acide pantothénique (D-pantothénate de calcium) 1.6 mg
Iode (iodure de potassium) 25 mcg
Zinc (citrate de zinc) 2.5 mg
Choline 5 mcg
Inositol 5 mcg

Ingédients non médicinaux : citrate de calcium, citrate de magnésium, sirop de glucose, vesau naturel, gélatine, acide citrique, acide lactique, colorants naturels (carotte noire, annatto, curcuma, concentré de baies de maquis), arômes naturels (fraise, cerise, orange, citron, raisin, ananas), huile de noix de coco fractionnée et cire de carnauba pour empêcher que les oursons gélifiés ne collent ensemble.
Ce produit ne contient ni blé, lait, œuf, gluten, colorants, arômes ou agents de conservation artificiels. Pourrait contenir des traces d'arachides.

CONSERVER DANS UN ENDROIT SEC ET FRAIS. GARDER HORS DE LA PORTEE DES ENFANTS.
L'apparence du produit pourrait changer au fil du temps à cause des colorants naturels, cependant la puissance ne s'en trouve pas affectée.

Recommended Use: For the maintenance of good health.
Recommended Dose: Take with food.
Children ages 4 to 8: Take 1 to 3 pieces daily.
Adolescents ages 9 to 13: Take 1 to 6 pieces daily.
Adolescents ages 14 to 18: Take 2 to 9 pieces daily.
Adults: Take 2 to 10 pieces daily.
Take a few hours before or after a medication.

Medicinal Ingredients:
Each chowdable piece (gummy) contains:
Vitamin A (palmitate) 833.3 UI/252 mcg RAE
Vitamin C (ascorbic acid) 10 mg
Vitamin D (cholecalciferol) 50 UI/1.25 mcg
Vitamin E (D-alpha-tocopheryl acetate) 5 UI/3.3 mg AT
Vitamin B6 (pyridoxine hydrochloride) 0.33 mg
Niacinamide 0.8 mg
Folate (folic acid) 66.6 mcg
Vitamin B12 (cyanocobalamin) 1 mcg
Biotin 23 mcg
Pantothenic acid (calcium D-pantothenate) 1.6 mg
Iodine (potassium iodide) 25 mcg
Zinc (zinc citrate) 2.5 mg
Choline 5 mcg
Inositol 5 mcg

Non-medicinal Ingredients: Calcium citrate, magnesium citrate, glucose syrup, natural cane juice, gelatin, citric acid, lactic acid, natural colours (black carrot, annatto, turmeric, macqui berry concentrate), natural flavours (strawberry, cherry, orange, lemon, grape, pinesapple), fractionated coconut oil and carnauba wax to prevent sticking.

This product does not contain wheat, milk, egg, gluten, artificial colours, flavours or preservatives. May contain traces of peanuts.

STORE IN A COOL, DRY PLACE. KEEP OUT OF THE REACH OF CHILDREN.
Product appearance may change over time due to natural colours but potency is not affected.

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DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.
www.naturesharmony.com
1-877-929-2548

CCF C. C. Natural Products Inc. Limited
A Proud Canadian Company
Une compagnie canadienne fière de l'être.

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