

<b>VITAMINS</b>	<b>Current Supplement (for 60 lb child)</b>	<b>RDA/AI (4-8 yr) (AI values indicated by asterisk)</b>	<b>Upper Limit for children ages 4-8 years</b>
<b>Vitamin A</b> (palmitate)	1000 IU	400 mcg (1333 IU)	900 mcg (3000 IU)
<b>Vitamin C</b> (calcium ascorbate)	600 mg	25 mg	650 mg
<b>Vitamin D3</b> (cholecalciferol)	300 IU	5 mcg (200 IU)*	50 mcg (2000 IU)
<b>Vitamin E</b>	150 IU	7 mg (10.5 IU)	300 mg (450 IU)
<b>Mixed Tocopherols</b>	70 mg	n/a	n/a
<b>Vitamin K</b>	0	55 mcg*	ND
<b>B1</b> (thiamin HCl)	20 mg	0.6 mg	ND
<b>B2</b> (riboflavin)	20 mg	0.6 mg	ND
<b>B3</b> (niacin/niacinamide)	15 mg niacin 10 mg niacinamide	8 mg	15 mg
<b>B5</b> (calcium d-pantothenate)	15 mg	3 mg*	ND
<b>B6</b> (pyridoxine HCl)	40 mg	0.6	40 mg
<b>B12</b> (cyanocobalamin)	500 mcg	1.2 mcg	ND
<b>Folic Acid</b>	100 mcg	200 mcg	400 mcg
<b>Folinic Acid</b>	550 mcg		
<b>Biotin</b> (biotin)	150 mcg	12 mcg*	ND
<b>Choline</b> (choline chloride)	250 mg	250 mg*	1000 mg
<b>Inositol</b>	100 mg	n/a	n/a
<b>Mixed Carotenoids</b>	3.6 mg	n/a	n/a
<b>Coenzyme Q10</b>	50 mg	n/a	n/a
<b>N-acetyl cysteine</b>	50 mg	n/a	n/a
<b>MINERALS</b>			
<b>Calcium</b> (from calcium ascorbate)	100 mg	800 mg*	2500 mg
<b>Chromium</b> (chromium amino acid chelate)	70 mcg	15 mcg*	ND
<b>Copper</b>	0	440 mcg	3000 mcg
<b>Iodine</b> (potassium iodide)	100 mcg	90 mcg	300 mcg
<b>Iron</b>	0	10 mg	40 mg
<b>Lithium</b> (lithium orotate)	500 mcg	n/a***	n/a
<b>Magnesium</b> (magnesium chloride hexahydrate)	100 mg	130 mg	110 mg**
<b>Manganese</b> (manganese amino acid chelate)	3 mg	1.5 mg*	3 mg
<b>Molybdenum</b> (sodium molybdate dihydrate)	150 mcg	22 mcg	600 mcg
<b>Phosphorus</b>	0	500 mg	3000 mg
<b>Potassium</b> (potassium chloride)	50 mg	3.8 g*	n/a
<b>Selenium</b> (selenomethionine and sodium selenite)	22 mcg	30 mcg	150 mcg