



Abundant Multi Chewables

BIOACTIVE MULTIVITAMIN/MULTIMINERAL



HEALTHY, TASTY CHEWABLES

For many parents, the need for supplementation is obvious. Fast food, a mainstay for so many children, simply does not provide the nutrition that young people need. While supplements cannot replace a good diet, **Abundant Multi Chewables**, formulated for children, lower the risks associated with a poor diet.*

There are two sets of criteria that can be used to evaluate a supplement, which are not always satisfied in commercial brands.* **Abundant Multi Chewables** meet both of the following needs:

- Parents are concerned with what is in the supplement and how it will benefit their child.*
- Children are primarily concerned with the taste and texture of what is being put into their mouths.

Contrary to popular belief, pleasant taste can be achieved without the empty calories of refined sugar. **Abundant Multi Chewables** are flavored only with a small amount of natural cane juice for a unique and pleasing flavor.

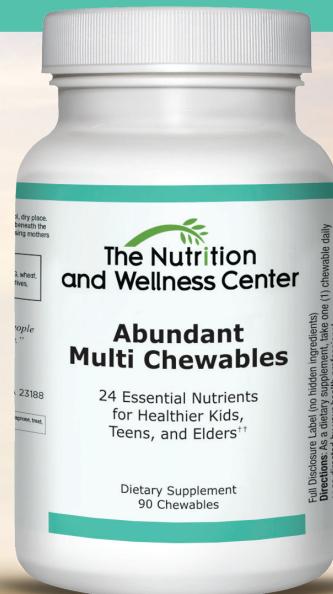
Many children's multivitamin/mineral formulas contain only a few (usually 10-11) essential nutrients and have very poor bioavailability.*

Abundant Multi Chewables include 24 essential nutrients.

Only **Abundant Multi Chewables'** complete formula includes the following important nutrients for children that others leave out.*

- **Chromium** aids in sugar metabolism.*
- **Silica** promotes bone, hair, skin, and connective tissue health.*

ALL NATURAL CHEWABLE
COMPREHENSIVE FORMULA
24 NUTRIENTS FOR KIDS



- **Manganese** is important for sugar metabolism and bone and connective tissue health.*
- **Biotin** promotes proper fat, protein, and sugar metabolism.*

What you don't find in supplements is often just as important as what you do find. **Aundant Multi Chewables are free of iodine, iron, and copper.** These nutrients should always be taken separately. When included in a multiple formula, they can oxidize the antioxidants and cause free radical damage. Additionally, iron should always be taken separately as it competes with calcium and zinc.*

SOME ADULTS PREFER CHEWABLES.

Abundant Multi Chewables are not only complete for kids, but offer a viable alternative for adults as well. Many adults do not like to swallow pills. For individuals who are in need of detoxification and are required to build up their dosage slowly, **Abundant Multi Chewables** offer greater control in dosing.*

SETTING A HIGHER STANDARD

Abundant Multi Chewables are an exceptionally pure product, using only pharmaceutical grade ingredients. These ingredients are combined in biologically correct proportions, with the natural transporters and cofactors necessary for **maximum activity**. This means much more active uptake and utilization.*

The Food and Drug Administration (FDA) does not regulate the activity of vitamins. Consequently, vitamins need not be manufactured to pharmaceutical standards or tested for bioavailability. In fact, the tablet binders and fillers that can overwhelm or contaminate active ingredients are often not listed on the label. This is a particularly important issue for individuals who are sensitive. We test our products to guarantee all label claims.*

Abundant Multi Chewables use active vitamin D3, eliminating the question of vitamin D toxicity.

The natural forms of the nutrients in **Abundant Multi Chewables** are suitable for people who are sensitive to the citrus products used in most chewable formulas; **Abundant Multi Chewables** do not contain rose hips or hesperidin (citrus) flavonoids.

REFERENCES

1. Subar AF, Krebs-Smith SM, Cook A, Kahle LL: Dietary sources of nutrients among US children, 1989-1991. *Pediatrics* 1998 October; 102(4Pt 1): 913-923.

ONE (1) ABUNDANT MULTI CHEWABLE PROVIDES	
ENERGIZED NUTRIENTS	
Vitamin A (beta-carotene)	3,000 mcg.
Vitamin B-1 (thiamine HCl)	5 mg.
Vitamin B-2 (riboflavin)	5 mg.
Vitamin B-3 (niacinamide)	8 mg.
Vitamin B-5 (calcium d-pantothenate)	5 mg.
Vitamin B-6 (pyridoxine)	5 mg.
Vitamin B-12 (hydroxocobalamin)	5 mcg.
Vitamin C (as 100% l-ascorbate, fully reduced, corn free)	60 mg.
Vitamin D-3 (cholecalciferol)	5 mcg.
Vitamins E** (from mixed natural tocopherols)	20 mg.
Folinate (as calcium folinate)	400 mcg
Calcium (as gluconate)	50 mg.
Magnesium (as gluconate)	25 mg.
Manganese (as gluconate)	1 mg.
Zinc (as citrate and aspartate)	5 mg.
Chromium (as picolinate and ascorbate)	2 mcg.
Selenium (as l-selenomethionine)	2 mcg.
Biotin (pure crystalline)	60 mcg.
Choline (citrate)	2 mg.
Inositol	2 mg.
PABA (para-aminobenzoic acid)	0.5 mg.
Quercetin dihydrate (water-soluble bioflavonoid)	10 mg.
Potassium (as gluconate)	2 mg.
Silica (from equisetum botanical)	0.5 mcg.
Magnesium (as C16 and C18 alkyls ⁺)	30 mg.
†from whole, untreated palm fruit and leaf	
Mannitol	200 mg.
Organic whole cane juice	875 mg.
100% Whole raspberry fruit extract	45 mg.
100% Whole cherry fruit extract	7 mg.
Other Ingredients: None	**Vitamins E is stated to reinforce the fact that alpha, beta, gamma, and delta forms of natural tocopherols are used

WARNING

Pregnant and nursing mothers need to check with their health professional before taking supplements.

TYPICAL DOSAGE FOR CHILDREN

Take one (1) Abundant Multi Chewable for each 25 pounds of body weight per day.

TYPICAL DOSAGE FOR ADULTS

Take one (1) to eight (8) Abundant Multi Chewables per day. Eight (8) Abundant Multi Chewables equals the benefit of one (1) Abundant Multi



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