SWEDISH NUTRA

EN | 500 ml

SUPER KIDS

Food supplement · With sugar and sweetener. Orange flavour.

Vitamins and minerals for children aged 3-12 years.

Recommended use: Ages 3-9: 15 ml once daily in the morning. Ages 10-12: 30 ml once daily in the morning.

Measure the serving with a suitable measuring cup. Follow the recommended daily serving for your child’s age and the instructions on the label.

Amounts per daily serving

Substance	15 ml	% NRV*	30 ml	% NRV*
Vitamin A	400 µg RE	50	800 µg RE	100
Vitamin C	90 mg	112.5	180 mg	225
Vitamin D3	7.5 µg	150	15 µg	300
Vitamin E	5 mg TE	41.7	10 mg TE	83.3
Vitamin B1	0.5 mg	45.5	1 mg	90.9
Vitamin B2	0.7 mg	50	1.4 mg	100
Vitamin B3	8 mg	50	16 mg	100
Vitamin B5	4 mg	66.7	8 mg	133.3
Vitamin B6	0.7 mg	50	1.4 mg	100
Biotin	30 µg	60	60 µg	120
Folic acid	100 µg	50	200 µg	100
Vitamin B12	1 µg	40	2 µg	80
Calcium	60 mg	7.5	120 mg	15
Magnesium	28 mg	7.5	56 mg	14.9
Zinc	3.3 mg	33	6.6 mg	66
Selenium	11.25 µg	20.5	22.5 µg	40.9
Manganese	0.5 mg	25	1 mg	50
Chromium	10 µg	25	20 µg	50
Potassium	150 mg	7.5	300 mg	15
Iodine	25 µg	16.7	50 µg	33.3
Choline L-bitartrate	6.24 mg	**	12.48 mg	**
Inositol	5 mg	**	10 mg	**
PABA	2 mg	**	4 mg	**
Lutein esters complex	5 mg	**	10 mg	**
Coenzyme Q10	1 mg	**	2 mg	**
Citrus bioflavonoids	1 mg	**	2 mg	**
Spirulina powder	2 mg	**	4 mg	**
Alfalfa powder	2 mg	**	4 mg	**
Broccoli powder	2 mg	**	4 mg	**

* NRV = EU nutrient reference value for adults; not a recommended intake for a child. ** NRV not established.

RE = retinol equivalent. TE = tocopherol equivalent. The amount of choline L-bitartrate refers to the compound, not pure choline.

Ingredients

Multi-filtered water, natural fruit juice blend from concentrates (orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape), fructose, calcium, potassium, magnesium, acidity regulator (citric acid), vitamin C, zinc, choline, vitamin E, natural flavouring, preservatives (potassium sorbate, sodium benzoate), sweetener (steviol glycosides), vitamin B3, vitamin D, inositol, lutein powder, vitamin B5, xanthan gum, manganese, vitamin A, PABA (4-aminobenzoic acid), spirulina powder, alfalfa powder, broccoli powder, coenzyme Q10, citrus bioflavonoids, vitamin B2, vitamin B6, vitamin B1, beta-carotene, folic acid, chromium, iodine, biotin, selenium, vitamin B12.

Warnings

Not intended for children under 3 years. Do not exceed the recommended daily serving. Food supplements should not replace a varied, balanced diet and a healthy lifestyle. Keep out of reach of young children. An adult should administer the serving. If your child has a medical condition or takes medication, consult a doctor before use. Discontinue use if adverse reactions occur.

Storage

Store in a cool place, away from direct sunlight. Refrigerate after opening and use within 2 months. See the packaging for the best-before date.

According to the manufacturer, free from wheat, gluten, soya, eggs, nuts and milk. Non-GMO.

Manufacturer: Swedish Nutra, Lodgatan 19, 211 24 Malmö, Sweden.

Best-before date and batch: see original packaging.

Supplementary information sheet for the originally labelled product.