

**GNC**  
milestones®

kids

Gummy DHA  
For Kids 2-12

Dietary Supplement

Omega-3s + Nutrients  
Important for Overall  
Health\*



Gluten Free  
Raspberry Lemon Natural Flavors

120 GUMMIES  
60-DAY SUPPLY



CODE 571108

**DIRECTIONS:** As a dietary supplement, children ages 2-3 years, take one (1) gummy per day. Children ages 4 and up, take two (2) gummies per day. Chew thoroughly before swallowing.

## Supplement Facts

| Serving Size                                 | One Gummy                                         |      | Two Gummies                                            |      |
|----------------------------------------------|---------------------------------------------------|------|--------------------------------------------------------|------|
| Servings Per Container                       | 120                                               |      | 60                                                     |      |
| Amount Per Serving                           | % Daily Value<br>for Children<br>2-3 Years of Age |      | % Daily Value<br>for Children<br>4 Years of Age and Up |      |
| Calories                                     | 10                                                |      | 20                                                     |      |
| Total Fat                                    | 0.1 g                                             | <1%‡ | 0.2 g                                                  | <1%† |
| Total Carbohydrate                           | 2 g                                               | 1%‡  | 4 g                                                    | 1%†  |
| Total Sugars                                 | 2 g                                               | *    | 3 g                                                    | *    |
| Includes Added Sugars                        | 2 g                                               | 8%‡  | 3 g                                                    | 6%†  |
| Vitamin A (as Retinyl Palmitate)             | 75 mcg RAE                                        | 25%  | 150 mcg RAE                                            | 17%  |
| Vitamin C (as Ascorbic Acid)                 | 3 mg                                              | 20%  | 6 mg                                                   | 7%   |
| Vitamin D (as Cholecalciferol)               | 2.5 mcg (100 IU)                                  | 17%  | 5 mcg (200 IU)                                         | 25%  |
| Vitamin E (as dl-alpha Tocopheryl Acetate)   | 1 mg                                              | 17%  | 2 mg                                                   | 13%  |
| Total Omega-3 Fatty Acids                    | 50 mg                                             | *    | 100 mg                                                 | *    |
| EPA/DHA (from Purified Fish Oil Concentrate) | 25 mg                                             | *    | 50 mg                                                  | *    |
| ALA (from Flaxseed Oil) (Plant Based)        | 25 mg                                             | *    | 50 mg                                                  | *    |

† Percent Daily Values are based on a 2,000 calorie diet.

‡ Percent Daily Values are based on a 1,000 calorie diet.

\* Daily Value not established.

**OTHER INGREDIENTS:** Sugar, Glucose Syrup, Water, Gelatin, Less than 2% of: Citric Acid, Colors (Turmeric, Paprika Extract, Radish Concentrate, Caramel Color), Lactic Acid, Natural Flavors.

**CONTAINS:** Fish (Anchovy, and/or Sardine with Mackerel and/or Herring).

Manufactured in a facility that also produces products that contain milk.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222

Product of Spain

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. This product should only be fed to seated, supervised children who are accustomed to chewing solid foods.

Gluten Free, No Eggs, No Soy.

\* 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.



GLUTEN  
FREE

- Provides 50 mg EPA/DHA omega-3s per two gummies
- Features nutrients important for eye & brain health\*
- Includes vitamin D-3 for healthy teeth & bones\*

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Lot / Exp. Date

