

## Chapter One: G is for Gummies™

The first chapter in a lifelong commitment to good nutrition.

**Directions:** Take two gummies daily, with food, or as directed by a healthcare practitioner.

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Keep out of reach of children. Do not use if safety seal is damaged or missing. If pregnant, nursing or on medication, consult with your healthcare practitioner. Store in a cool, dry place, away from direct sunlight.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Peanut  
Free



Tree Nut  
Free



Dairy  
Free



Gluten  
Free



Soy  
Free



Egg  
Free



# Chapter One™

by Zahler®

## is for multi

With Vitamins,  
Minerals  
and Inositol

## Flavored Gummies

# 120 Gummies

Dietary Supplement

### Supplement Facts

Serving Size: 2 Gummies  
Servings Per Container: 60

Amount Per Serving		%DV*
<b>Calories</b>	15	
<b>Total Carbohydrate</b>	4 g	1%
Total Sugars	3 g	**
Includes 3g Added Sugars		6%
<b>Vitamin A</b> (Palmitate) (2100 IU)	630 mcg RAE	70%
<b>Vitamin C</b> (Ascorbic Acid)	20 mg	22%
<b>Vitamin D</b> (Cholecalciferol) (400 IU)	10 mcg	50%
<b>Vitamin E</b> (dl-Alpha Tocopheryl Acetate) (16.5 IU)	7.43 mg	50%
<b>Vitamin B-6</b> (Pyridoxine Hydrochloride)	2 mg	118%
<b>Folate</b> (Folic Acid)	433.33 mcg DFE (260 mcg folic acid)	108%
<b>Vitamin B-12</b> (Cyanocobalamin)	6 mcg	250%
<b>Biotin</b> (Biotin)	60 mcg	200%
<b>Pantothenic acid</b> (Calcium D-Pantothenate)	5.2 mg	104%
<b>Iodine</b> (Potassium Iodide)	42 mcg	28%
<b>Zinc</b> (Zinc Citrate)	2.7 mg	25%
<b>Choline</b> (Choline Bitartrate)	0.04 mg	0%
<b>Sodium</b>	10 mg	0%
<b>Inositol</b> (Inositol Niacinate)	40 mcg	**

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Glucose Syrup, Sugar, Water, Pectin, Citric Acid, Sodium Citrate, Natural Flavors, Annatto, Turmeric, Elderberry Juice (For Colors), Coconut Oil, Carnauba Wax.

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