



▼ **INGREDIENTS**

Amount Per Serving	Servings per bottle: 60	% Daily Value
Vitamin C (Ascorbate).....	12.5 mg	83%
Vitamin E (Mixed Tocopherols)....	8.3 mg	138%
Vitamin B1 (Thiamine).....	3.1 mg	620%
Vitamin B2 (Riboflavin).....	3.1 mg	620%
Vitamin B3 (Niacin).....	4.4 mg NE	73%
Vitamin B6 (Pyridoxine).....	6.25 mg	1250%
Vitamin B9 (Folate).....	50 mcg DFE	33%
Vitamin B12 (Hydroxocobalamin)....	3 mcg	333%
Biotin.....	12.5 mcg	125%
Vitamin B5 (Pantothenate).....	7.5 mg	375%
Calcium.....	2.5 mg	1%
Magnesium.....	0.25 mg	<1%
Zinc.....	0.9 mg	30%
Selenium.....	8.75 mcg	44%
Copper.....	0.19 mcg	<1%
Manganese.....	0.25 mg	21%
Chromium.....	15 mcg	136%
Potassium.....	2.5 mg	<1%
Mixed Carotenoids.....	37.5 mcg	*

Extracts of: Guava; Lemon; Amla; Sesbania; Holy Basil; Annatto
*Daily Value not established. **Children 2-4 yrs.

Other Ingredients: Water; Glycerin; Natural Flavors; Dextrose (Organic Grape); Tic Gum; Luo Han Guo; Potassium Sorbate; Stevia

▼ **DOSAGE**

- Children ages 2-4, take 1mL daily, or as directed.
- Children ages 4 and over, take 2 mL once daily, or as directed.

▼ **PACKAGING**

- Liquid: 2 fl oz., glass bottle.

▼ **PERSPECTIVE**

With all the environmental factors concerning parents today: air and water pollution, poor nutritional quality foods that contain pesticides, fast foods, and daily chemical exposures; the need to supplement becomes irrefutable.

▼ **LIFESTYLE**



#520 FUN PLAY (Multi-Vitamin & Mineral)

Nutritionally balanced formula of botanical-sourced nutrients, as well as supplemental vitamins and minerals to support children's everyday health and wellness. Kids love this easy to take, nutritional maintenance formula, of highly-assimilable and good-tasting nutrients that support optimal health and development.

▼ **INDICATIONS**

- Daily vitamin/mineral nutritional support

▼ **KEY COMPONENTS**

- **Herbal/Botanical Base** – Provides synergists.
- **Vitamin C** – An essential vitamin needed every day. Helps protect the body from free radicals. Supports the absorption of iron for healthy blood.
- **Vitamin B₅** – Pantothenic Acid. Supports normal immune activities for protection regarding microbes. Necessary for physical growth.
- **Vitamin E** – An essential vitamin often in short supply in the modern diet. A cell membrane-protective antioxidant.
- **Calcium** – A consistent level of calcium in the body's fluids and tissues is needed for muscle contraction, blood vessel contraction and expansion, the secretion of hormones and enzymes, and transmission of messages through the nervous system. Supports development, as well as the heart. A precursor to DHA. Supplies energy to the cells.
- **Magnesium** – A macro-mineral that modulates the immune system's activities and is required for RNA/DNA synthesis, as well as the master antioxidant Glutathione's cellular activities. Plays a role in the active transport of calcium and potassium ions across cell membranes for nerve impulses, muscle contractions, and normal heart rhythm.
- **Potassium** - Important in neuron function, helps with muscle contractions, maintains fluid balance, and helps maintain a normal blood pressure.
- **Manganese** - An antioxidant trace mineral vital for normal brain and nerve functions.

- **Zinc** – A critically important trace mineral antioxidant necessary for healthy endocrine gland function and maintenance of hormone presence.
- **Vitamin B₁₂** – Promotes circulation to the brain, mental clarity, aids in red blood cell health, helps cell reproductive processes, and supports constant renewal of the skin.

▼ **CONTRAINDICATIONS**

None.

▼ **CLINICIAN CONSENSUS**

- Optimal Childhood Nutritional Support:
#520 Fun Play
#510 Brainy Play
#530 Tuff Play

▼ **BACKGROUND**

Responding to the need for a broad spectrum, multi-vitamin/mineral with a strong position in the B Complex Vitamins, this formula was created to be a simple way to ensure comprehensive intake of necessary nutrients for children.

▼ **SYNERGISTIC CONSIDERATIONS**

- #520 Fun Play - Multi-Vitamin/Mineral
- #510 Brainy Play - Omega-3, 6, 9
- #530 Tuff Play - Essential Immune Boost

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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