Children's Vitamins Results

Brand	Product	Vitamins																																																			
		Vitamin A Tested (mg RAE per serving for younger children)	Vitamin A Tested (mg RAE per serving for older children)	Vitamin A on Label (mg RAE per serving for younger children)	Vitamin A on Label (mg RAE per serving for older children)	Vitamin C Tested (mg per serving for younger children)	Vitamin C Tested (mg per serving for older children)	Vitamin C on Label (mg per serving for younger children)	Vitamin C on Label (mg per serving for older children)	Vitamin D Tested (mcg per serving for younger children)	Vitamin D Tested (mcg per serving for older children)	Vitamin D on Label (mcg per serving for younger children)	Vitamin D on Label (mcg per serving for older children)	Vitamin E Tested (mg per serving for younger children)	Vitamin E Tested (mg per serving for older children)	Vitamin E on Label (mg per serving for younger children)	Vitamin E on Label (mg per serving for older children)	Vitamin B2/Riboflavin Tested (mg per serving for younger children)	Vitamin B2/Riboflavin Tested (mg per serving for older children)	Vitamin B2/Riboflavin on Label (mg per serving for younger children)	Vitamin B2/Riboflavin on Label (mg per serving for older children)	Vitamin B1/Thiamine Tested (mg per serving for younger children)	Vitamin B1/Thiamine Tested (mg per serving for older children)	Vitamin B1/Thiamine on Label (mg per serving for younger children)	Vitamin B1/Thiamine on Label (mg per serving for older children)	Vitamin B3/Niacin Tested (mg per serving for younger children)	Vitamin B3/Niacin Tested (mg per serving for older children)	Vitamin B3/Niacin on Label (mg per serving for younger children)	Vitamin B3/Niacin on Label (mg per serving for older children)	Vitamin B5/Pantothenic Acid Tested (mg per serving for younger children)	Vitamin B5/Pantothenic Acid Tested (mg per serving for older children)	Vitamin B5/Pantothenic Acid on Label (mg per serving for younger children)	Vitamin B5/Pantothenic Acid on Label (mg per serving for older children)	Vitamin B6/Pyridoxine Tested (mg per serving for younger children)	Vitamin B6/Pyridoxine Tested (mg per serving for older children)	Vitamin B6/Pyridoxine on Label (mg per serving for younger children)	Vitamin B6/Pyridoxine on Label (mg per serving for older children)	Vitamin B9 Tested (mcg per serving for younger children)	Vitamin B9 Tested (mcg per serving for older children)	Vitamin B9 on Label (mcg per serving for younger children)	Vitamin B9 on Label (mcg per serving for older children)	Zinc Tested (mg per serving for younger children)	Zinc Tested (mg per serving for older children)	Zinc on Label (mg per serving for younger children)	Zinc on Label (mg per serving for older children)	Iodine (mcg per serving for younger children) Tested	Iodine (mcg per serving for older children) Tested	Iodine (mcg per serving for younger children) Label	Iodine (mcg per serving for older children) Label	Arsenic (mcg/kg)	Cadmium (mcg/kg)	Lead (mcg/kg)	Mercury (mcg/kg)
GUMMIES AGES 2 AND UP																																																					
First Day	Toddlers The Multi	0.055	0.055	0.072	0.072	25.8	25.8	11	11	12.0	12.0	10	10	NA	NA	NA	NA	0.282	0.282	0.24	0.24	0.439	0.439	0.20	0.20	NA	NA	NA	NA	NA	NA	NA	NA	0.597	0.597	0.32	0.32	84.2	84.2	37	37	NA	NA	NA	NA	NA	NA	NA	NA	3.82	ND	13.1	ND
Kirkland Signature (Costco)	Children's Daily Multivitamin Gummies	0.361	0.721	0.315	0.630	29.4	58.7	20	40	11.4	22.8	7.5	15	9.9	19.8	4	8	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	8.13	16.3	2.6	5.2	1.28	2.55	1.0	2.0	59.3	119	100	200	1.70	3.40	1.35	2.7	29.3	58.5	21	42	3.87	1.80	9.08	ND
L'il Critters	Gummy Vites Daily Multivitamin	0.103	0.205	0.225	0.450	25.9	51.9	10	20	11.7	23.3	10	20	7.3	14.7	6	12	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	5.07	10.1	1.5	3.0	1.15	2.29	0.9	1.8	106	212	60	120	1.74	3.47	1.4	2.8	25.5	51.0	21	42	ND	ND	2.10	ND
Mama Bear (Amazon)	Organic Kids Multivitamin	0.296	0.593	0.105	0.210	16.8	33.6	10	20	13.1	26.2	10	20	4.7	9.48	4.1	8.2	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	3.14	6.29	0.9	1.8	1.06	2.12	0.9	1.7	107	215	70	140	1.32	2.65	1.0	2.0	30.9	61.8	21	42	ND	1.01	5.94	ND
Nature's Truth	Just 4 Kidz Multivitamin Gummies + Probiotic	0.378	0.756	0.300	0.600	25.5	51.0	15	30	9.06	18.1	7.5	15	3.5	6.95	1.5	3	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	3.12	6.23	1.0	2.0	1.54	3.08	1.0	2.0	98.4	197	40	80	1.65	3.29	1.5	3.0	NA	NA	NA	NA	2.69	1.58	1.99	ND
Olly	Kids Multi & Probiotic	0.172	0.345	0.150	0.300	23.6	47.2	15	30	16.7	33.4	10	20	5.3	10.6	3.75	7.5	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	3.68	7.35	2.5	5.0	0.730	1.46	0.5	1.0	56.6	113	60	120	0.857	1.71	0.75	1.5	21.1	42.3	15	30	3.77	5.32	10.4	ND
GUMMIES AGES 4 AND UP																																																					
Centrum	Kids MultiGummies	NA	0.250	NA	0.180	NA	28.2	NA	15	NA	15.2	NA	10	NA	9.01	NA	3.85	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	2.82	NA	0.5	NA	0.647	NA	0.3	NA	61.0	NA	42	NA	1.41	NA	1.2	NA	26.3	NA	20	1.15	0.95	3.37	ND
MaryRuth's	Organic Kids Multivitamin	NA	0.209	NA	0.200	NA	37.1	NA	20	NA	5.68	NA	6	NA	8.53	NA	7	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.28	NA	2.0	NA	2.67	NA	1.7	NA	404	NA	200	NA	2.33	NA	2.0	NA	33.4	NA	40	ND	ND	4.55	ND
Nature Made	Kids First Multi With Omega-3	0.331	0.662	0.225	0.450	60.6	121.1	33.75	67.5	19.3	38.5	12.5	25	13.9	27.9	7.5	15	NA	NA	NA	NA	NA	NA	NA	NA	9.57	19.1	8.0	16	NA	NA	NA	NA	0.879	1.76	0.65	1.3	90.9	182	60	120	2.86	5.71	2.75	5.5	NA	NA	NA	NA	2.66	1.55	4.15	ND
One A Day	Kids Multi	NA	NA	NA	NA	NA	95.5	NA	18	NA	25.8	NA	15	NA	20.5	NA	15	NA	NA	NA	NA	NA	NA	NA	NA	NA	11.2	NA	8.0	NA	NA	NA	NA	NA	2.43	NA	1.7	NA	90.7	NA	18	NA	2.94	NA	2.5	NA	116	NA	90	ND	2.92	2.50	ND
SmartyPants Vitamins	Kids Plus Multi & Omegas	NA	0.154	NA	0.180	NA	90.3	NA	45	NA	27.7	NA	20	NA	7.81	NA	6.6	NA	0.198	NA	0.16	NA	0.194	NA	0.10	NA	NA	NA	NA	NA	NA	NA	NA	NA	1.50	NA	1.0	NA	317	NA	250	NA	1.99	NA	1.6	NA	113	NA	90	1.335	ND	8.18	ND
SmartyPants Vitamins	Kids Organic Multi & Omegas	NA	0.165	NA	0.180	NA	59.4	NA	25	NA	21.8	NA	20	NA	7.99	NA	6.6	NA	0.230	NA	0.16	NA	0.198	NA	0.10	NA	NA	NA	NA	NA	NA	NA	NA	NT*	NT*	NA	1.0	NA	372	NA	250	NA	1.76	NA	1.5	NA	112	NA	90	ND	ND	4.50	ND
CHEWABLES/TABLETS/POWDERS: AGES 2 AND UP																																																					
Equate (Walmart)	Children's Chewable Complete Multivitamin	0.405	0.810	0.450	0.900	29.9	59.8	30	60	9.58	19.2	7.5	15	13.7	27.5	6.75	13.5	0.718	1.44	0.85	1.7	1.12	2.24	0.75	1.50	7.53	15.1	7.5	15.0	6.12	12.2	5.0	10.0	1.28	2.55	1.0	2.0	252	504	200	400	6.44	12.9	6.0	12.0	102	203	75	150	7.03	11.69	67.17	0.95
Flintstones	Complete Chewable Multivitamins	0.233	0.466	0.200	0.400	51.0	102	45	90	13.2	26.3	10	20	7.8	15.5	3.75	7.5	0.460	0.919	0.65	1.3	0.779	1.56	0.485	0.97	6.35	12.7	6.0	12.0	2.94	5.87	2.5	5.0	1.08	2.16	0.9	1.7	141	281	120	240	2.98	5.95	2.5	5.0	105	210	75	150	6.63	211	37.9	0.56

Children's Vitamins Results *Continued*

Brand	Product	Vitamins																																																	
		Vitamin A Tested (mg RAE per serving for younger children)	Vitamin A Tested (mg RAE per serving for older children)	Vitamin A on Label (mg RAE per serving for younger children)	Vitamin A on Label (mg RAE per serving for older children)	Vitamin C Tested (mg per serving for younger children)	Vitamin C Tested (mg per serving for older children)	Vitamin C on Label (mg per serving for younger children)	Vitamin C on Label (mg per serving for older children)	Vitamin D Tested (mcg per serving for younger children)	Vitamin D Tested (mcg per serving for older children)	Vitamin D on Label (mcg per serving for younger children)	Vitamin D on Label (mcg per serving for older children)	Vitamin E Tested (mg per serving for younger children)	Vitamin E Tested (mg per serving for older children)	Vitamin E on Label (mg per serving for younger children)	Vitamin E on Label (mg per serving for older children)	Vitamin B2/Riboflavin Tested (mg per serving for younger children)	Vitamin B2/Riboflavin Tested (mg per serving for older children)	Vitamin B2/Riboflavin on Label (mg per serving for younger children)	Vitamin B2/Riboflavin on Label (mg per serving for older children)	Vitamin B1/Thiamine Tested (mg per serving for younger children)	Vitamin B1/Thiamine Tested (mg per serving for older children)	Vitamin B1/Thiamine on Label (mg per serving for younger children)	Vitamin B1/Thiamine on Label (mg per serving for older children)	Vitamin B3/Niacin Tested (mg per serving for younger children)	Vitamin B3/Niacin Tested (mg per serving for older children)	Vitamin B3/Niacin on Label (mg per serving for younger children)	Vitamin B3/Niacin on Label (mg per serving for older children)	Vitamin B5/Pantothenic Acid Tested (mg per serving for younger children)	Vitamin B5/Pantothenic Acid Tested (mg per serving for older children)	Vitamin B5/Pantothenic Acid on Label (mg per serving for younger children)	Vitamin B5/Pantothenic Acid on Label (mg per serving for older children)	Vitamin B6/Pyridoxine Tested (mg per serving for younger children)	Vitamin B6/Pyridoxine Tested (mg per serving for older children)	Vitamin B6/Pyridoxine on Label (mg per serving for younger children)	Vitamin B6/Pyridoxine on Label (mg per serving for older children)	Vitamin B9 Tested (mcg per serving for younger children)	Vitamin B9 Tested (mcg per serving for older children)	Vitamin B9 on Label (mcg per serving for younger children)	Vitamin B9 on Label (mcg per serving for older children)	Zinc Tested (mg per serving for younger children)	Zinc Tested (mg per serving for older children)	Zinc on Label (mg per serving for younger children)	Zinc on Label (mg per serving for older children)	Iodine (mcg per serving for younger children) Tested	Iodine (mcg per serving for older children) Tested	Iodine (mcg per serving for younger children) Label	Iodine (mcg per serving for older children) Label	Arsenic (mcg/kg)	Cadmium (mcg/kg)	Lead (mcg/kg)	Mercury (mcg/kg)
CHEWABLES/TABLETS/POWDERS: AGES 2 AND UP *Continued*																																																					
Garden of Life	Kids Multivitamin Powder	0.087	0.087	0.075	0.075	6.47	6.47	6	6	13.2	13.2	10	10	NA	3.85	2.0	2.0	NA	0.27	0.17	0.17	NA	0.289	0.15	0.15	ND	ND	2.0	2.0	2.18	2.18	1.0	1.0	1.58	1.58	1.0	1.0	NA	24.2	40	40	1.33	1.33	0.5	0.5	NA	NA	NA	NA	34.0	25.5	46.9	1.3
Hiya	Kids Daily Multivitamin	0.202	0.202	0.360	0.360	48.2	48.2	40	40	36.1	36.1	25	25	3.0	3.00	3.5	3.5	0.394	0.394	0.6	0.6	0.781	0.781	0.50	0.50	NA	NA	NA	NA	2.36	2.36	2.5	2.5	NA	NA	NA	NA	253	253	200	200	2.98	2.98	3.0	3.0	NR	NR	50	50	17.06	16.91	40.20	1.04
NaturesPlus	Animal Parade Multivitamin Sugar Free	0.993	0.993	1.500	1.500	65.6	65.6	60	60	14.5	14.5	10	10	23.5	23.5	20	20	0.407	0.407	1.5	1.5	2.05	2.05	1.30	1.30	23.7	23.7	20	20	9.70	9.70	10.0	10.0	2.26	2.26	1.5	1.5	72.8	72.8	17	17	3.67	3.67	3.0	3.0	NA	NR	100	100	11.77	5.94	9.30	0.33
Nature's Way	Alive Kids Chewable Multivitamin	0.377	0.754	0.45	0.90	108	217	90	180	22.8	45.7	15.0	30.0	8.38	16.8	7.5	15.0	0.727	1.45	1.3	2.6	1.75	3.49	1.20	2.40	5.86	11.71	5.75	11.50	3.81	7.62	3.75	7.50	2.11	4.21	1.70	3.40	70.6	141	119	239	1.78	3.56	1.80	3.60	98.2	196	75	150	18.83	6.85	11.73	0.52
Renzo's	Picky Eater Kids Multi With Iron	0.039	0.156	0.200	0.800	18.3	73.0	16.875	67.5	3.30	13.2	3.75	15	3.5	14.0	3.75	15.0	0.152	0.606	0.325	1.3	0.198	0.793	0.15	0.60	1.95	7.82	2.0	8.0	1.11	4.43	1.25	5.0	0.325	1.30	0.32	1.28	114	455	100	400	1.98	7.93	2.07	8.28	19.0	76.0	37.5	150	3.02	3.91	45.1	ND
CHEWABLES/TABLETS/POWDERS: AGES 4 AND UP																																																					
MegaFood	Kids One Daily Multivitamin	NA	0.005	NA	0.150	NA	37.5	NA	20	NA	6.58	NA	3.3	NA	2.55	NA	3.3	NA	0.844	NA	1.70	NA	2.71	NA	1.7	NA	8.64	NA	7.0	NA	4.28	NA	3.0	NA	2.45	NA	2.0	NA	97.2	NA	133	NA	2.33	NA	2.0	NA	35.2	NA	25	37.2	87.3	222	19
Pure Encapsulations	Junior Nutrients	0.370	0.739	0.750	1.500	133	266	137	274	13.5	27.0	10	20	27.7	55.4	23	46	0.803	1.61	0.86	1.7	1.13	2.26	1.50	3.00	8.96	17.9	10.0	20.0	4.42	8.84	5	10.0	1.26	2.53	1.24	2.48	184	368	200	400	8.34	16.7	7.5	15	80.2	160	75	150	20.4	16.1	24.2	0.44

ND = Not detected above Method Detection Limit (MDL).
NA = Not applicable or not available.
NT = Not tested.
NR = Not reported because result did not meet QC criteria.
*We did not test for this B6 form in this product.