



WLS Optimum Chewables

Serving Size: 1 WLS Optimum Chewable Tablet

Amount per Serving		% DV*
Vitamin A (as retinol palmitate)	800 mcg	89%
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin D (as cholecalciferol)	75 mcg (3000 IU)	375%
Vitamin E (as d-alpha tocopherol succinate)	12 mg	80%
Thiamin (as thiamine hydrochloride)	2.7 mg	225%
Riboflavin	2 mg	154%
Niacin (as nicotinamide)	25 mg	156%
Vitamin B6 (as pyridoxal 5 phosphate)	2 mg	118%
Folate	833 mcg DFE (500 mcg Folic Acid)	208%
Vitamin B12 (as cyanocobalamin)	100 mcg	4167%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium pantothenate)	9 mg	180%
Iodine (from potassium iodide)	150 mcg	100%
Zinc (as zinc citrate dihydrate)	28 mg	255%
Selenium (as sodium selenite)	55 mcg	100%
Manganese (as manganese citrate deca-hydrate)	3 mg	130%
Chromium (as chromium III chloride)	40 mcg	114%
Molybdenum (as sodium molybdate dihydrate)	50 mcg	111%

Serving Size: 1 Ferro Optimum Tablet

Amount per Serving		% DV*
Iron (as iron fumarate)	28 mg	156%
Copper (as copper gluconate)	1.9 mg	211%

* % DV = Daily Value

Other Ingredients:**WLS Optimum Chewable Multivitamin**

Sucrose (sugar), xylitol, stearic acid (anticaking agent), citric acid (flavoring agent), artificial raspberry flavor, magnesium stearate, acacia gum, iron oxide (color), sucralose.

Ferro Optimum

Microcrystalline cellulose, hydroxypropyl methylcellulose, titanium dioxide (color), tricalcium phosphate, talc, polysorbate 80, beeswax, carnauba wax.

Allergy Information

This product was manufactured in a facility that also uses milk, crustaceans, fish, tree nuts, wheat and soybeans which may result in the presence of the allergen in this product.

Recommended dose

Take 1 chewable tablet and one Ferro Optimum tablet daily. Ideally with a meal. Do not exceed the recommended daily dose. This product is not suitable for children under the age of 18 years.

You can take the chewable multivitamin at the same time as your Ferro Optimum tablet.

You should not take a calcium supplement at the same time as Ferro Optimum. Iron is not absorbed when taken at the same time as calcium. Wait at least 2 hours between calcium and iron-containing products.

Storage Instructions

Store in a dry place below 77 °F.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.