



Children's Multi-Vitamin Comparison

	ADVOCARE® KickStart Complete™	Bayer® Flinstones® Complete	Centrum Kids® Rugrats® Complete	Sundown Kids™ Complete Marvel™ Super Heroes™	GNC® MultiBite Complete™
Serving Size (4 and up)	 2 tablets	 1 tablet	 1 tablet	 1 tablet	 1 tablet
Vitamin A palmitate	1000 iu	1600 iu	4000 iu	5000 iu	2450 iu
Beta-carotene	5000 iu	-	1000 iu	-	50 iu
Vitamin C	240 mg	50 mg	60 mg	60 mg	60 mg
Vitamin D	200 iu	400 iu	400 iu	400 iu	400 iu
Vitamin E	20 iu	10 iu	30 iu	30 iu	30 iu
Thiamine	1.5 mg	1.5 mg	1.5 mg	1.5 mg	1.5 mg
Riboflavin	1.8 mg	1.5 mg	1.7 mg	1.7 mg	1.7 mg
Niacin	16 mg	8 mg	20 mg	20 mg	20 mg
Vitamins B-6	2 mg	1 mg	2 mg	-	2 mg
Folic Acid	200 mcg	100 mcg	400 mcg	400 mcg	400 mcg
Vitamins B-12	6 mcg	3 mcg	6 mcg	6 mcg	6 mcg
Biotin	50 mcg	30 mcg	45 mcg	40 mcg	40 mcg
Pantothenic Acid	5 mg	10 mg	10 mg	10 mg	10 mg
Calcium	50 mg	160 mg	108 mg	150 mg	150 mg
Iron	2.5 mg	4.0 mg	18 mg	18 mg	18 mg
Phosphorus	-	125 mg	50 mg	60 mg	59 mg
Iodine	60 mcg	-	150 mcg	150 mcg	150 mcg
Magnesium	50 mg	-	40 mg	-	20 mg
Zinc	5 mg	-	15 mg	15 mg	15 mg
Selenium	35 mcg	-	-	-	-
Copper	500 mcg	1 mg	2 mg	2 mg	2 mcg
Manganese	500 mcg	-	1 mg	-	-
Chromium	60 mcg	-	20 mcg	-	-
Molybdenum	15 mcg	-	20 mcg	-	-
Boron	100 mcg	-	-	-	-
Inositol	2.5 mg	-	-	-	-
Choline	15 mg	-	-	-	-
CoEnzyme Q-10	50 mcg	-	-	-	-
Mixed Carotenoids	600 mcg	-	-	-	-
Grape Extract	20 mg	-	-	-	-
Sweeteners	 xylitol, fructose, sucralose	sorbitol, xylitol, aspartame	sucrose, mannitol, aspartame, glucose, lactose, fructose	fructose, xylitol, dextrose, sucralose	fructose, sorbitol, sucralose
COST	.29 - .48/serving	.05/serving	.10/serving	.12/serving	.18/serving