

MIGHTY MINS

Mighty Mins is for children what Activator is for adults. It provides a broad base of nutrition support essential for every child from age 6 months through adolescence.

Mighty Mins provides each child with a full compliment of vitamins, minerals and trace minerals in their most bio-available and bioactive forms. All these essential nutrients are found in proportions which will not alter the **Five Fundamental Metabolic Balances**.

Furthermore, the proportions of trace minerals to vitamins is such that the vitamins will not deplete the body of trace minerals. Trace minerals are every child's greatest nutritional liability. Supplementing with these trace minerals is critical for two reasons. Trace minerals have been depleted from our soils and are thus no longer sufficient in our food. The other reason the trace minerals in **Mighty Mins** are so important is that a child needs far more trace minerals than an adult. This need must be met to assure proper development of the brain and nervous system, of the hormone system, of the cardiovascular system, and of the musculoskeletal system.

Special ingredients not commonly found in children's multiples:


- **Vitamins B1, B2, & B6**, in their biologically active coenzyme form.
- **Ascorbyl Palmitate**, a fat-soluble form of vitamin C for maximum bioactivity
- **Chromium Nicotinate**, for its beneficial effects on sugar levels & muscle metabolism.

- **Flavonoid Rutin**, for anti-inflammatory immune effects; antioxidant benefits; & blood vessel integrity enhancement.
- **Benfotiamine**, for the most Bioavailable form of Vitamin B1 with anti-inflammatory and anti-oxidant benefits.

Supplement Facts				
Serving Size: 4 wafers				
Servings per Container: 60				
	Amount Per Serving	% Daily Value Adults & Children ≥ 4 years	% Daily Value Children 1-3 years	% Daily Value Infants through 12 months
Calories	20			
Total Fat	0.5 g	<1%*	1%**	2%
Total Carbohydrate	4 g	1%*	3%**	4%
Total Sugars	4 g	†	†	†
Includes 4g Added Sugars		8%*	16%**	†
Vitamin A (as retinyl palmitate and 57% from beta-carotene)	1,560 mcg	117%	350%	210%
Vitamin C (as ascorbic acid and 50% as ascorbyl palmitate)	40 mg	44%	267%	80%
Vitamin D (as cholecalciferol)	20 mcg	100%	133%	200%
Vitamin E (as d-alpha-tocopheryl succinate)	15 mg	100%	250%	300%
Thiamin (as thiamin mononitrate)	0.2 mg	17%	40%	67%
Riboflavin (as riboflavin-5-phosphate)	1 mg	77%	200%	250%
Niacin (as niacinamide)	15 mg	94%	250%	375%
Vitamin B ₆ (as pyridoxine HCl and 33% pyridoxal-5-phosphate)	1.5 mg	88%	300%	500%
Folate	400 mcg DFE (240 mcg folic acid)	100%	267%	500%
Vitamin B ₁₂ (as cyanocobalamin)	3 mcg	125%	333%	600%
Biotin	30 mcg	100%	375%	500%
Pantothenic acid (as D-calcium pantothenate)	6 mg	120%	300%	333%
Calcium (as calcium citrate)	150 mg	12%	21%	58%
Iron (as ferric ammonium citrate) †	5 mg	28%	71%	45%
Iodine (as potassium iodide)	100 mcg	67%	111%	77%
Magnesium (as magnesium citrate)	100 mg	24%	125%	133%
Zinc (as zinc citrate)	10 mg	91%	333%	333%
Selenium (as sodium selenite)	50 mcg	91%	250%	250%
Copper (as copper citrate)	0.8 mg	89%	267%	400%
Manganese (as manganese citrate)	1.5 mg	65%	125%	250%
Chromium (as chromium nicotinate glycinate chelate)	40 mcg	114%	364%	727%
Molybdenum (as sodium molybdate)	50 mcg	111%	294%	1,667%
Rutin	30 mg	†	†	†
Silica	10 mg	†	†	†
Benfotiamine	2 mg	†	†	†

† Daily value not established.
 **Percent Daily Values are based on a 1,000 calorie diet.
 **Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Sweetener blend (sucrose, sorbitol, fructose), stearic acid, natural flavors, coconut oil complex, citric acid and magnesium stearate.

 This product is provided as a dietary supplement for distribution only by licensed health care practitioners by Nutri-Spec, 89 Swamp Road, Millintown, PA 17058.