



# PurePals

Introduced 2006



For every bottle sold, Pure Encapsulations donates 25 cents to SOS Children's Villages

## What Is It?

PurePals is a chewable multivitamin/mineral designed for children aged 2 years and older. Each great-tasting tablet contains highly bioavailable vitamins, minerals and citrus bioflavonoids naturally flavored and sweetened with fruit flavors, Lo Han fruit extract and xylitol. These tablets contain no added sugar, fructose, artificial flavors or artificial sweeteners.\*

## Uses For PurePals

**General Health:** PurePals provides a broad-spectrum, scientifically-based blend of vitamins and minerals to promote the optimal health of children ages 2 and older. This blend contains nutrients to support physiological functions, including nutrient metabolism and utilization, free radical scavenging antioxidant activity, nervous system health and bone health. Research indicates that regular multivitamin/mineral supplementation provides support for healthy cognitive function, positive mood and immune defense. Additionally, each PurePals tablet contains 1 gram of xylitol, a natural sweetening compound that supports bone, dental and middle ear health.\*

## What Is The Source?

Mixed carotenoids are derived from *B. trispora*.

Vitamin C, riboflavin and vitamin B<sub>12</sub> are derived from corn dextrose fermentation.

Vitamin D<sub>3</sub> is derived from lanolin.

Vitamin E is derived from soybean oil.

Vitamin A, thiamine, niacinamide, vitamin B<sub>6</sub>, folic acid, biotin and pantothenic acid (vitamin B<sub>5</sub>) are synthetically derived.

Iodine is derived from kelp.

Citrus bioflavonoids are derived from citrus.

Choline is synthetic.

Minerals are naturally derived from earthen ore.

Sources of the mineral chelates include:

Ascorbate: derived from corn dextrose fermentation

Amino acid chelate: synthetic

Aspartate: synthetic

Glycinate: synthetic

Citrate: derived from corn dextrose fermentation

Krebs cycle chelate: synthetic

Picolinate: synthetic

Xylitol is derived from corn cob and purified to be free of corn protein.

Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Natural cherry flavor is derived from fruit. Vegetable oil esters are derived from coconut oil.

## Recommendations

Pure Encapsulations® recommends:

- Ages 2 to 3, take 1 tablet daily, with a meal.
- Ages 4 and up, take 2 tablets daily, with a meal.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

(continued)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## PurePals

two chewable tablets contain v

calories .....	6
total carbohydrate .....	2 g
sugars .....	0 g
xylitol.....	2 g
vitamin A (29% as vitamin A palmitate, 71% beta carotene).....	3,500 iu
vitamin C (as ascorbic acid, calcium ascorbate ..... and magnesium ascorbate)	250 mg
vitamin D (as cholecalciferol) (D <sub>3</sub> ).....	400 iu
vitamin E (as d-alpha tocopheryl succinate..... and mixed tocopherols)	30 iu
thiamin (as thiamin HCl) (B <sub>1</sub> ) .....	3 mg
riboflavin (vitamin B <sub>2</sub> ).....	1.7 mg
niacin (as niacinamide .....	14 mg
vitamin B <sub>6</sub> (as pyridoxine HCl).....	2 mg
folic acid.....	400 mcg
vitamin B <sub>12</sub> (as methylcobalamin).....	6 mcg
biotin.....	300 mcg
pantothenic acid (as calcium pantothenate) (B <sub>5</sub> ).....	12 mg
calcium (as calcium citrate and calcium ascorbate) .....	100 mg
iodine (from kelp).....	15 mcg
magnesium (as magnesium aspartate..... and magnesium ascorbate)	40 mg
zinc (as zinc aspartate).....	2 mg
selenium (as selenium amino acid chelate).....	40 mcg
copper (as copper amino acid chelate).....	0.2 mg
manganese (as manganese amino acid chelate).....	2 mg
chromium (as chromium picolinate) .....	40 mcg
molybdenum (as molybdenum amino acid chelate) .....	5 mcg
potassium (as potassium aspartate) .....	10 mg
citrus bioflavonoids.....	10 mg
boron (as boron citrate).....	20 mcg
vanadium (as vanadium krebs cycle chelate).....	3 mcg
choline bitartrate.....	40 mg
other ingredients: ascorbyl palmitate, xylitol, natural cherry flavor, vegetable oil esters, malic acid, red beet juice, silica, luo han guo (momordica grosvenorii) extract (fruit)	

Ages 2 to 3, take 1 tablet daily, with a meal.

Ages 4 and up, take 2 tablets daily, with meals.

## PurePals (with iron)

two chewable tablets contain v

calories .....	6
total carbohydrate .....	2 g
sugars .....	0 g
xylitol .....	2 g
vitamin A (29% as vitamin A palmitate, 71% beta carotene).....	3,500 iu
vitamin C (as ascorbic acid, calcium ascorbate ..... and magnesium ascorbate)	250 mg
vitamin D (as cholecalciferol) (D <sub>3</sub> ).....	400 iu
vitamin E (as d-alpha tocopheryl succinate..... and mixed tocopherols)	30 iu
thiamin (as thiamin HCl) (B <sub>1</sub> ) .....	3 mg
riboflavin (vitamin B <sub>2</sub> ).....	1.7 mg
niacin (as niacinamide.....	14 mg
vitamin B <sub>6</sub> (as pyridoxine HCl) .....	2 mg
folic acid.....	400 mcg
vitamin B <sub>12</sub> (as methylcobalamin).....	6 mcg
biotin.....	300 mcg
pantothenic acid (as calcium pantothenate) (B <sub>5</sub> ).....	12 mg
calcium (as calcium citrate and calcium ascorbate) .....	100 mg
iron (as iron tris-glycinate).....	10 mg
iodine (from kelp).....	15 mcg
magnesium (as magnesium aspartate .....	40 mg
and magnesium ascorbate)	
zinc (as zinc aspartate).....	2 mg
selenium (as selenium amino acid chelate).....	40 mcg
copper (as copper amino acid chelate).....	0.2 mg
manganese (as manganese amino acid chelate).....	2 mg
chromium (as chromium picolinate) .....	40 mcg
molybdenum (as molybdenum amino acid chelate) .....	5 mcg
potassium (as potassium aspartate) .....	10 mg
citrus bioflavonoids.....	10 mg
boron (as boron citrate).....	20 mcg
vanadium (as vanadium krebs cycle chelate).....	3 mcg
choline bitartrate.....	40 mg
other ingredients: ascorbyl palmitate, xylitol, natural cherry flavor, vegetable oil esters, malic acid, red beet juice, silica, luo han guo (momordica grosvenorii) extract (fruit)	

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

Ages 2 to 3, take 1 tablet daily, with a meal.

Ages 4 and up, take 2 tablets daily, with meals.