



## Flintstone's Ingredients vs Ours

### Flintstones

Vitamin A -	3000 IU	6%
Vitamin C -	60 mg	100%
Vitamin D -	600 IU	150%
Vitamin E -	30 IU	100%
Vitamin K -	55 mcg	69%
Thiamin B1 -	1.5 mg	100%
Riboflavin B2 -	1.7 mg	100%
Niacin	15 mg	75%
Vitamin B6	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	40 mcg	13%
Pantothenic Acid	10 mg	100%
Calcium	100 mg	6%
Iron	18 mg	90%
Iodine	150 mcg	107%
Zinc	12 mg	75%
Copper	2 mg	100%

### Hakuna Matata

Vitamin A -	5000 IU	100%
Vitamin C -	60 mg	100%
Vitamin D -	400 IU	100%
Vitamin E -	30 IU	100%
Vitamin K -	25 mcg	31%
Thiamin -	1.5 mg	100%
Riboflavin -	1.7 mg	100%
Niacin -	20 mg	100%
Vitamin B6 -	2 mg	100%
Folic Acid -	400 mcg	100%
Vitamin B12 -	6 mcg	100%
Biotin -	300 mcg	100%
Pantothenic Acid -	10 mg	100%
Calcium -	50 mg	5%
Iodine -	150 mcg	100%
Magnesium -	25 mg	6%
Zinc -	15 mg	100%
Selenium -	20 mg	29%

Manganese - 2 mg 100%  
 Chromium - 50 mcg 42%  
 Molybdenum - 75 mcg 100%  
 20 Fruits and Berries Blend  
 13 Vegetables Blend  
 Algae Blend – Spirulina, Collards and Chlorella

