

# D&H Drugstore Presents Free Kid's Vitamins



D & H Drugstore is proud to give back to the community. Starting August 17th, 2009 children ages 4 to 12 years old can get Free multiple vitamins at both D & H Drugstore locations. A simple questionnaire must be completed by the parent or guardian and they can pick up a 30-day supply of vitamins for each child in the household every month.

The American Academy of Pediatrics now suggests 400 units of Vitamin D per day from infancy to adolescence. Humans build up Vitamin D stores from exposure to sunlight, diet and supplements. Vitamin D deficiency is common in children and adults. In children, it can slow growth and cause skeletal deformities and Rickets. These conditions are preventable with adequate Vitamin D, but dietary sources are limited and it is difficult to

determine a safe amount of sunlight exposure to synthesize what is needed. With busy schedules and picky eaters it can be difficult for parents to ensure that children are getting the right amount of vitamins and minerals through their meals as well.

D & H wants to help families stay healthy! By starting with our children, we hope to encourage proper nutrition at an early age. Helping kids stay healthy can better prepare them to

battle common illnesses during the school year and decrease absenteeism, doctor's visits and time off work!

So, stop by either D & H location to sign up your children today. Receive your free vitamins now. Good health REALLY is just around the corner.



Supplement Facts			
Serving Size: ½ Tablet (2-3 years of age)			
1 Tablet (4 years and older)			
Amount Per Tablet		%DV*	%DV**
Vitamin A (as Acetate)	2,500 IU	100%	50%
Vitamin C (as Ascorbic Acid and Sodium Ascorbate)	60 mg	150%	100%
Vitamin D-3 (Cholecalciferol)	400 IU	100%	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	150%	50%
Vitamin B-1 (as Thiamine Mononitrate)	1.05 mg	150%	70%
Vitamin B-2 (Riboflavin)	1.2 mg	150%	70%
Niacinamide (as Vitamin B-3)	13.5 mg	150%	67%
(continued)			
Supplement Facts			
Serving Size: ½ Tablet (2-3 years of age)			
1 Tablet (4 years and older)			
Amount Per Tablet		%DV*	%DV**
Vitamin B-6 (as Pyridoxine HCl)	1.05 mg	150%	52%
Folic Acid	300 mcg	150%	75%
Vitamin B-12 (as Cyanocobalamin)	4.5 mcg	150%	75%

\* % Daily Value (DV) for Children 2-3 years of age.  
\*\* % Daily Value (DV) for Adults and Children 4 or more years of age.

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