

| (Based on dosage for 4 year old) | Flintstone Complete (1 tab) | Centrum Jr. Complete (1 tab) | Poly-vi-sol (1 tab) | YummiBears (4 bears) | Animal Parade (2 tabs) | Usanimals (2 tabs) |
|----------------------------------|------------------------------------|-------------------------------------|----------------------------|-----------------------------|-------------------------------|-----------------------------|
| VITAMIN A | 5000 IU (acetate, B-carotene) | 5000 IU (20% B-carotene) | 2500 IU (acetate) | 2500 IU | 5000 IU | 5000 IU (B-carotene) |
| VITAMIN D | 400 IU | 400 IU | 400 IU | 200 IU | 400 IU | 400 IU |
| VITAMIN E | 30 IU | 30 IU | 15 IU | 15 IU | 30 IU | 100 IU |
| VITAMIN C | 60 mg | 60 mg | 60 mg | 30 mg | 60 mg | 300 mg |
| VITAMIN B1 (THIAMINE) | 1.5 mg | 1.5 mg | 1.05 mg | -- | 1.5 mg | 2.5 mg |
| VITAMIN B2 (RIBOFLAVIN) | 1.7 mg | 1.7 mg | 1.2 mg | -- | 1.7 mg | 2.5 mg |
| NIACIN | 20 mg | 20 mg | 13.5 mg | 10 mg | 20 mg | 20 mg |
| B6 (PYRIDOXINE) | 2 mg | 2 mg | 1.05 mg | 1 mg | 2 mg | 2.5 mg |
| VITAMIN B12 | 6 mcg | 6 mcg | 4.5 mcg | 3 mcg | 6 mcg | 12 mcg |
| FOLIC ACID | 400 mcg | 400 mcg | 300 mcg | 200 mcg | 10 mcg | 400 mcg |
| BIOTIN | 40 mcg | 45 mcg | -- | 150 mcg | 50 mcg | 150 mcg |
| PANTOTHENIC ACID | 10 mg | 10 mg | -- | 5 mg | 10 mg | 10 mg |
| CHOLINE | -- | -- | -- | -- | 10 mcg | 60 mg |
| INOSITOL | -- | -- | -- | -- | 10 mcg | 30 mg |
| CALCIUM | 100 mg | 108 mg | -- | 9 mg | 20 mg | 250 mg |
| MAGNESIUM | 20 mg | 40 mg | -- | 8 mg | 10 mg | 75 mg |
| CHROMIUM | -- | 20 mcg | -- | 60 mcg | -- | 50 mcg |
| COPPER | 2 mg | 2 mg | -- | -- | 0.05 mg | 1 mg |
| PHOSPHORUS | 100 mg | 50 mg | -- | -- | -- | -- |
| SELENIUM | -- | -- | -- | -- | -- | 30 mcg |
| MOLYBDENUM | -- | 20 mcg | -- | -- | -- | 25 mcg |
| MANGANESE | -- | 1 mg | -- | -- | 0.05 mg | 1 mg |
| IODINE | 150 mcg | 150 mcg | -- | 75 mcg | 100 mcg | 100 mcg |
| VANADIUM | -- | -- | -- | -- | -- | 10 mcg |
| BORON | -- | -- | -- | -- | -- | 1 mg |
| SILICON | -- | -- | -- | -- | -- | 2 mg |

| (Based on dosage for 4 year old) | Flintstone Complete (1 tab) | Centrum Jr. Complete (1 tab) | Poly-vi-sol (1 tab) | YummiBears (4 bears) | Animal Parade (2 tabs) | Usanimals (2 tabs) |
|----------------------------------|------------------------------------|-------------------------------------|----------------------------|-----------------------------|-------------------------------|---------------------------|
| ZINC | 15 mg | 15 mg | -- | 7.5 mg | 3 mg | 10 mg |
| AO PHYTOCHEMICAL COMPLEX | -- | -- | -- | -- | -- | 80 mg |
| BLACKBERRY POWDER | -- | -- | -- | -- | -- | 20 mg |
| RASPBERRY POWDER | -- | -- | -- | -- | -- | 20 mg |
| CRANBERRY POWDER | -- | -- | -- | -- | -- | 20 mg |
| WILD BLUEBERRY POWDER | -- | -- | -- | -- | -- | 20 mg |
| IRON | 18 mg | 18 mg | -- | -- | 5 mg | -- |
| VITAMIN K | -- | 10 mg | -- | 40 mcg | -- | 20 mcg |