



— VEGETARIAN —

# CHEWABLE VITAMIN MINERAL

— GLUTEN FREE —

**FRUIT FLAVOR MULTI**  
Whole Food Based**Available with IRON & IRON-FREE**

*PIONEER® Chewable Vitamin Mineral (VM) is a great-tasting, broad spectrum, high potency nutritional supplement.*

This formula was designed to be one of the most comprehensive, biologically utilizable chewable vitamin/mineral supplements available at an affordable price. Easy-to-take PIONEER® *Chewable VM* is naturally flavored and whole food based with a special blend of high antioxidant, phytonutrient-rich fruits and vegetables.

## CONSIDER THESE PIONEER® ADVANTAGES:

### **1. Created by Physicians who Understand**

**Nutrition.** PIONEER® *Chewable VM* was thoughtfully developed by clinicians specializing in clinical nutrition. The formula is based on objective data, not economic imperatives. The observed, nutritional needs of people of various ages, and current, published, independent nutritional studies are the basis upon which this formula was devised.

### **2. Flexible Daily Servings to Suit Different Ages.**

Sensibly proportioned ingredients enable the same PIONEER® *Chewable VM* formula to meet the supplement needs of a wide variety of ages. By *varying the number of servings per day (1-6 tablets)*, PIONEER® *Chewable VM* can provide nutritional support for children, pre-teens, adolescents, adults and elders. Because the tablets are relatively soft, even those with dentures find them easy to chew. [Note: Younger children (ages 4 and up) may prefer PIONEER® *Children's Multi*, designed to be kid-friendly with four fun animal shapes and appealing red color from natural beet juice.]

### **3. Vitamins, Minerals and Trace Elements.**

PIONEER® *Chewable VM* contains all the essential vitamins, minerals and micronutrients (with the exception of vitamin K) in significant proportions and amounts. Vitamin K is omitted to accommodate the needs of seniors and others who may be taking blood thinning medications and must avoid this otherwise important nutrient. *Chewable VM* provides a broad-spectrum

complex of naturally-occurring trace minerals - many of which may be missing from foods grown in commercial soils.

**4. Food Sensitivity-Aware.** Many allergists and other health professionals recommend PIONEER® *Chewable VM* to people with common food allergies. The formula is independently verified gluten-free, and contains no added yeast, eggs, dairy products, salt or starch, and no added synthetic colorings, flavorings or preservatives. Citrus is present, as may be traces of corn from fructose.

### **5. Good Taste Without Hyper/Hypoglycemic Sweeteners.**

In formulating PIONEER® *Chewable*, we considered the pros and cons of every sweetener on the market. Sweeteners such as glucose, sucrose, maltose, honey, maple syrup and molasses can significantly alter blood sugar. In contrast, small amounts of fructose can be tolerated by many hypoglycemics and diabetics. Two tablets of PIONEER® *Chewable VM* contain approximately the same amount of fructose as one third of a medium sized apple. (Consult your healthcare professional if you have concerns about blood sugar or insulin levels.)

**6. High Mineral Potencies.** PIONEER® *Chewable VM* contains amongst the highest mineral potencies of any chewable multi available. Especially significant are the high levels of *calcium* (200 mg/2 tablets) and *magnesium* (100 mg/2 tablets). These levels are particularly useful to children and adults who avoid milk, nuts or other sources of calcium and magnesium. The formula also includes the important micronutrients *selenium, chromium, vanadium, molybdenum, silicon* and *boron*, plus *trace minerals* – often absent from chewable vitamin/mineral supplements.

**7. Highly Absorbable Minerals.** Many of the minerals in PIONEER® *Chewable* are in the form of high quality *amino acid chelates, citrate* and *sea vegetation*. These nutrient sources are generally regarded as better recognized and utilized by the body than the less expensive forms commonly found in chewable formulas. In addition to all the macro-minerals (e.g. calcium, magnesium and iron), *Chewable VM* features significant levels of trace minerals, provided in part by a superior trace mineral complex derived from naturally sourced, mineralized seaweed.

**8. Whole Food Based with Concentrated Fruits and Vegetables.** The health professionals at PIONEER want you to eat plenty of fresh fruits and vegetables every day! For an added boost, *Chewable VM* contains a high quality blend of powdered fruits and vegetables—plus elderberry, white tea extract and rosemary—to provide extra levels of important, health-supporting antioxidant pigments and phytonutrients.

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**9. 100% RDI of Iron, or None at All.** Many people need extra iron, and certain populations (e.g. strict vegetarians) are at increased risk for deficiency. However, research indicates that for some individuals, taking supplemental iron is not advised. That's why *Chewable VM* is available both with IRON and IRON-FREE. Ask your health professional about how much iron, if any, is right for you.

**10. Extensive Quality Control; Guaranteed Purity & Potency.** Rigorous testing precedes and follows each phase of PIONEER® *Chewable VM* production. Prior to tableting, raw materials are tested for potency and thoroughly screened for contaminants such as heavy metals, herbicides and pesticides. The finished product is tested in-house for disintegration time.

**11. Verified Gluten-Free.** Like all PIONEER formulas®, *Chewable Vitamin Mineral* is made with strictly gluten-free raw ingredients, and every batch of finished product is laboratory tested to below the detectable limit of 10 ppm gluten/gliadin proteins. This strict protocol assures that absolutely no detectable gluten or gliadin is present in the finished product, helping to ensure suitability for people with celiac disease and gluten intolerance.

*PLEASE NOTE: Chew thoroughly! Do not attempt to swallow these tablets whole, or exceed the recommended maximum serving.*

Serving size 2 tablets. Bottles of 90 or 180 Chewable Tablets	PER DAY 6 TABLETS AMOUNT		PER SERVING 2 TABLETS AMOUNT	
		%DV*		%DV*
Calories	30		10	
Total Carbohydrate	6 g	2%†	2 g	<1%†
Sugars	6 g	*	2 g	*
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Vitamin A (100% as natural beta carotene and mixed carotenoids from <i>B. trispora</i> )	22,500 IU	450%	7,500 IU	150%
Vitamin C (70% as ascorbic acid and 30% as sodium ascorbate)	600 mg	1000%	200 mg	333%
Vitamin D2 (ergocalciferol)	400 IU	100%	133 IU	33%
Vitamin E (d-alpha tocopheryl succinate)	150 IU	500%	50 IU	167%
Thiamine (thiamin mononitrate)(B1)	24 mg	1600%	8 mg	533%
Riboflavin (B2)	24 mg	1412%	8 mg	471%
Niacin (75% niacinamide and 25% niacin)	120 mg	600%	40 mg	200%
Vitamin B6 (pyridoxine HCl)	30 mg	1500%	10 mg	500%
Folate (folic acid)	900 mcg	225%	300 mcg	75%
Vitamin B12 (methylcobalamin)	100 mcg	1667%	33 mcg	550%
Biotin	300 mcg	100%	100 mcg	33%
Pantothenic Acid (d-calcium pantothenate)	150 mg	1500%	50 mg	500%
Calcium (carbonate)	600 mg	60%	200 mg	20%
Iron (AA chelate†) (0 mg IRON-FREE)	18 mg	100%	6 mg	33%
Iodine (as kelp and potassium iodide)	150 mcg	100%	50 mcg	33%
Magnesium (oxide)	300 mg	75%	100 mg	25%
Zinc (citrate)	24 mg	160%	8 mg	53%
Selenium (AA chelate††)	120 mcg	171%	40 mcg	57%
Copper (citrate)	1.8 mg	90%	0.6 mg	30%
Manganese (citrate)	7.5 mg	375%	2.5 mg	125%
Chromium (AA chelate††)	225 mcg	188%	75 mcg	63%
Molybdenum (sodium molybdate)	30 mcg	40%	10 mcg	13%
Sodium	30 mg	1%	10 mg	<1%
Potassium (citrate)	99 mg	2.8%	33 mg	<1%
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<b>Antioxidant Fruit/Vegetable Blend</b> (carrot, orange**, spinach, tomato, broccoli, cauliflower, kale, pineapple, apple, blueberry, strawberry**, white tea extract, rosemary, cranberry juice, elderberry [ <i>Sambucus nigra</i> ], blackberry juice, raspberry)				
	270 mg	*	90 mg	*
Boron (AA chelate††)	3 mg	*	1 mg	*
Vanadium (vanadyl sulfate)	99 mcg	*	33 mcg	*
Choline (bitartrate)	75 mg	*	25 mg	*
Citrus Bioflavonoid Complex	60 mg	*	20 mg	*
Horsetail <i>Equisetum arvense</i> Herb Extract (stand. to 6.3% silica)	2.4 mg	*	0.8 mg	*
<b>Trace Mineral Complex</b> (as sea vegetation: <i>Lithothamnion</i> spp.)				
	150 mg	*	50 mg	*
Inositol	75 mg	*	25 mg	*
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† Percent Daily Value (DV) based on 2000 calorie diet		* Daily Value (DV) not established		
†† AA Chelate = amino acid chelate		** as fruit and juice		
<b>Other ingredients:</b> fructose, cellulose, vegetable stearic acid, natural fruit flavors with other natural flavors (including coconut), mono- and di-glycerides (B-vitamin coating), citric acid, sodium alginate, vegetable magnesium stearate, silica, malic acid and fruit/vegetable complex. 2.08				