

Infant 6 to 12 months: One level .15 cc mini-scoop Add to nutritious food that the family is eating. Skip "weaning food"



Child: 1 to 12 years: Two level .15cc mini-scoops Smaller children need extra attention



Over 12 years and all adults including pregnant and nursing mothers: Three level .15cc mini-scoops Everyone in the family needs Vitamins and Minerals