

Nutritional Information - Full Performance Fitness Inc.

## 1st Step for Energy - Liquid D3

### For Adults

<b>Supplement Facts</b>		
Serving Size: 1/2 oz.(15 ml)		
Amount Per Serving		% daily value
Calories	12	
Total Fat	0	
Sodium	0	
Carbohydrates	3 g	
Sugars	3 g	
Protein	0 g	
Vitamin D3	1200 IU	300%
Other ingredients: Purified water, natural vegetable glycerin, natural flavors, citric acid, sodium citrate (to preserve freshness, potassium sorbate (to preserve freshness)		

### For Children

<b>Supplement Facts</b>		
Serving Size: 1 tsp (5 ml)		
Amount Per Serving		% daily value
Calories	4	
Total Fat	0	
Sodium	0	
Carbohydrates	<1 g	
Sugars	<1 g	
Protein	0 g	
Vitamin D3	400 IU	200%
Other ingredients: Purified water, natural vegetable glycerin, natural flavors, citric acid, sodium citrate (to preserve freshness, potassium sorbate (to preserve freshness)		

# Train Like a Champion