












Vitamin Fact Sheet

Vitamins are nutrients your body needs for normal cell function, growth, and development. They can be grouped into two main categories based on how they act in your body.

- Fat-soluble vitamins, such as vitamins A, D, E, and K are stored in your body's fatty tissue, where they are absorbed easily.
- Water-soluble vitamins, such as B and C, are used immediately after entering the body.



Ingredient ¹	Source	Role in the body
Vitamin A		Helps form and maintain teeth, bones, soft tissue, mucous membranes, and skin
Vitamin B1 (thiamine)		Helps convert carbohydrates into energy, and is important for the heart and nerve cells
Vitamin B2 (riboflavin)		Promotes healthy growth, and the production of red blood cells
Vitamin B3 (niacin)		Helps maintain healthy skin and nerves and can lower blood cholesterol levels
Vitamin B6		Helps red blood cells form, helps maintain brain function, and supports protein synthesis
Vitamin B9 (folate)		Helps red blood cells form, and is needed to produce DNA, which controls tissue growth and cell function
Vitamin B12		Helps with metabolism, red blood cell production, and maintaining the central nervous system
Vitamin C		Promotes healthy teeth and gums, healing of wounds, and absorption of iron by the body
Vitamin D		Helps absorb and maintain proper blood levels of phosphorus and calcium, minerals needed for development and healthy teeth and bones
Vitamin E		Helps red blood cells form, and use vitamin K
Fluoride		Formation of teeth and bones

Keep out of reach of children. In case of accidental overdose, seek professional emergency assistance (911) or contact the Poison Control Center immediately (1-800-222-1222).



This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA.

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Poly-Vi-Flor[®]

(chewable tablet/drops)



Ingredient ¹	Poly-Vi-Flor (chewable tablet) 	Poly-Vi-Flor (drops) 
Vitamin A	600 mcg	—
Vitamin B1 (thiamine)	1 mg	0.5 mg
Vitamin B2 (riboflavin)	1.2 mg	0.6 mg
Vitamin B3 (niacin)	10 mg	8 mg
Vitamin B6	1 mg	0.4 mg
Vitamin B9 (folate)	200 mcg	200 mcg
Vitamin B12	4.5 mcg	—
Vitamin C	60 mg	—
Vitamin D	10 mcg	10 mcg
Vitamin E	10 mg	3.35 mg
Fluoride	0.25 mg, 0.5, or 1.0 mg*	0.25 mg

*Dose scheduling for fluoride-containing supplements has been determined for children aged 6 months and older

REFERENCE: 1. Overview of Vitamins - Disorders of Nutrition. MSD Manual Consumer Version. <https://www.msmanuals.com/home/disorders-of-nutrition/vitamins/overview-of-vitamins>. Accessed February 2023.

Do not exceed the suggested dose. Dental fluorosis may result by taking too much fluoride over a long period when the teeth are forming under the gums. Only children aged 8 years and younger are at risk because this is when permanent teeth are developing. Children older than 8 years, adolescents, and adults cannot develop dental fluorosis.

Poly-Vi-Flor should not be used by patients with a known history of hypersensitivity to any of the listed ingredients.

To report Suspected Adverse Reactions, contact Aytu BioPharma at 1-855-298-8246 or the U.S. Food and Drug Administration at 1-800-FDA-1088 or www.fda.gov/medwatch.

