



MAKING the World
Choose HEALTH... HAPPILY !!!

Product Brochure



Services we do...

I'M Healthcare has a dedicated & absolutely exclusive unit Involved In The Manufacture of Gummies In Himachal Pradesh, India with tech know how from Europe & USA which comes with top notch Infrastructure & efficient work flow & are well Equipped To Handle **Contract Manufacturing Service /Private Label/3rd Party Services/Custom packing.**

"CREDENTIALS"



"Your Nutrition Ally"

Product Range

Vitamin D 400 IU Gummy

Vitamin C 30mg Gummy

Folic Acid 400mcg Gummy

Calcium 125mg+ Vitamin D 200IU Gummy

Multivitamin & Minerals Gummy

B-Complex Gummy

All Products Free of:



Gluten



Milk



Peanut



Nuts



Soy



Vitamin D 400 IU Gummy

NUTRITIONAL INFORMATION

Serving Size: 1 Gummy (One Gummy weighs approx. 2.5gm)	Amount Per 2.5 gm	**Approx % daily intake		
		in Children (3 - 9 years)	in Teens (10 - 17 years)	in Adults (> 18 years)
Contents				
Calories	7.5 kcal	<.5%	<.5%	<.5%
Total carbohydrate	2 g	*	*	*
Sugar	1.5 g	*	*	*
Dietary Fiber (as pectin)	0.05 g	*	*	*
Proteins	0 g	0%	0%	0%
Fat	0 g	0%	0%	0%
Vitamin D (as Ergocalciferol)	400 IU	100 %	100 %	100 %

%Daily Intake (DI) is based on RDA as per ICMR/WHO guidelines of Sedentary Active Individuals. * Daily Intake cannot be estimated as RDA is not established. ** % Daily Intake(DI) varies as RDA varies from person to person based on Physical Activity, Age and Physiological conditions.

Ingredients: Corn Syrup, Sugar, Water, Gelling agent (INS 440),Acidity Regulator (INS 330 & 331i), Lemon Flavour & Food Colours.

Free of: PROTEINS, TRANS FATS, SATURATED FATS, CHOLESTEROL, Gelatin, Wheat(Gluten), Milk, Eggs, Soy, Tree Nuts, Peanuts, Artificial flavor, Animal derivatives and preservatives

CONTAINS PERMITTED NATURAL FLAVORS & COLORS
Flavor : **Lemon**



"Your Nutrition Ally"



Vitamin C 30mg Gummy

NUTRITIONAL INFORMATION

Serving Size: 1 Gummy (One Gummy weighs approx. 2.5gm)	Amount Per 2.5 gm	**Approx % daily intake		
		in Children (3 - 9 years)	in Teens (10 - 17 years)	in Adults (>18 years)
Contents				
Calories	7.5 kcal	<.5%	<.5%	<.5%
Total carbohydrate	2 g	*	*	*
Sugar	1.5 g	*	*	*
Dietary Fiber (as pectin)	0.05 g	*	*	*
Proteins	0 g	0%	0%	0%
Fat	0 g	0%	0%	0%
Vitamin C (as Ascorbic Acid)	30 mg	75%	75%	75%

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Ingredients: Corn Syrup, Sugar, Water, Gelling agent (INS 440), Acidity Regulator (INS 330 & 331i), Orange Flavour & Food Colours.

Free of: PROTEINS, TRANS FATS, SATURATED FATS, CHOLESTEROL, Gelatin, Wheat(Gluten), Milk, Eggs, Soy, Tree Nuts, Peanuts, Artificial flavor, Animal derivatives and preservatives

CONTAINS PERMITTED NATURAL FLAVORS & COLORS

Flavor : Orange





Folic Acid 400mcg Gummy

NUTRITIONAL INFORMATION

Serving Size: 1 Gummy (One Gummy weighs approx. 2.5gm)	Amount Per 2.5 gm	**Approx % daily intake
		in Adults (>18 years)
Contents		
Calories	7.5 kcal	<.5%
Total carbohydrate	2 g	*
Sugar	1.5 g	*
Dietary Fiber (as pectin)	0.05 g	*
Proteins	0 g	0%
Fat	0 g	0%
Folic Acid (1 Folic Acid = 0.5 Folate Units)	400 mcg	100 %
<p>%Daily Intake (DI) is based on RDA as per ICMR/WHO guidelines of Sedentary Active Individuals. * Daily Intake cannot be estimated as RDA is not established. ** % Daily Intake(DI) varies as RDA varies from person to person based on Physical Activity, Age and Physiological conditions.</p>		
<p>Ingredients: Corn Syrup, Sugar, Water, Gelling agent (INS 440),Acidity Regulator (INS 330 & 331i), Strawberry Flavour & Food Colours.</p>		
<p>Free of: PROTEINS, TRANS FATS, SATURATED FATS, CHOLESTEROL, Gelatin, Wheat(Gluten), Milk, Eggs, Soy, Tree Nuts, Peanuts, Artificial flavor, Animal derivatives and preservatives</p>		
<p>CONTAINS PERMITTED NATURAL FLAVORS & COLORS Flavor : Strawberry</p>		



"Your Nutrition Ally"

Calcium 125mg+ Vitamin D 200IU Gummy

NUTRITIONAL INFORMATION

Serving Size: 1 Gummy (One Gummy weighs approx. 4 gm)	Amount Per 4 gm	**Approx % daily intake		
		in Children (3 - 9 years)	in Teens (10 - 17 years)	in Adults (>18 years)
Contents				
Calories	12 kcal	<.6%	<.6%	<.6%
Total carbohydrate	3.2 g	*	*	*
Sugar	2.4 g	*	*	*
Dietary Fiber (as pectin)	0.08 g	*	*	*
Proteins	0 g	0%	0%	0%
Fat	0 g	0%	0%	0%
Calcium (as Tricalcium Phosphate)	125 mg	21 %	16 %	21 %
Phosphorous (as Tricalcium Phosphate)	70 mg	14 %	6 %	10 %
Vitamin D (as Ergocalciferol)	200 IU	50 %	50 %	50 %

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Ingredients: Corn Syrup, Sugar, Water, Gelling agent (INS 440),Acidity Regulator (INS 330 & 331i), Mango & Strawberry Flavour & Food Colours.

Free of: PROTEINS, TRANS FATS, SATURATED FATS, CHOLESTEROL, Gelatin, Wheat(Gluten), Milk, Eggs, Soy, Tree Nuts, Peanuts, Artificial flavor, Animal derivatives and preservatives

CONTAINS PERMITTED NATURAL FLAVORS & COLORS
Flavors: **Mango & Strawberry**



Multivitamin & Minerals Gummy

NUTRITIONAL INFORMATION

Serving Size: 1 Gummy (One Gummy weighs approx. 2.5gm)	Amount Per 2.5 gm	**Approx % daily intake		
		in Children (3 - 9 years)	in Teens (10 - 17 years)	in Adults (>18 years)
Contents				
Calories	7.5 kcal	<0.5%	<0.5%	<0.5%
Total carbohydrate	2 g	*	*	*
Sugar	1.5 g	*	*	*
Dietary Fiber (as pectin)	0.05 g	*	*	*
Proteins	0 g	0 g	0 g	0 g
Fat	0 g	0 g	0 g	0 g
Sodium (as Sodium Chloride)	4 mg	<.5 %	<.5 %	<.5 %
Vitamin C(as Ascorbic Acid)	12 mg	30%	30%	30%
Vitamin E (as D-alpha tocopherol)	2.5 mg	29%	29%	29%
Pantothenic Acid (as Calcium-D-pantothenate)	1.25 mg	25%	25%	25%
Vitamin D (as Ergocaciferol)	1.25 mcg	12.5%	12.5%	12.5%
Zinc (as Zinc Citrate)	1 mg	15%	9%	9%
Magnesium (as Magnesium citrate)	0.5 mg	0.7%	0.25%	<0.5%
Vitamin A (as Vitamin A Palmitate)	187.5 mcg	37%	31%	31%
Folic Acid(1 Folic acid=0.5 Folate unit)	50 mcg	100%	61%	50%
Iodine (as Potassium iodide)	19 mcg	18%	14%	13%
B12 (as Cyanocobalamin)	1 mcg	100%	100%	100%

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Ingredients: Corn Syrup, Sugar, Water, Gelling agent (INS 440), Acidity Regulator (INS 330 & 331i), Lemon & Strawberry Flavour & Food Colours.

Free of: PROTEINS, TRANS FATS, SATURATED FATS, CHOLESTEROL, Gelatin, Wheat(Gluten), Milk, Eggs, Soy, Tree Nuts, Peanuts, Artificial flavor, Animal derivatives and preservatives

CONTAINS PERMITTED NATURAL FLAVORS & COLORS

Flavors: Lemon & Strawberry



B-Complex Gummy

NUTRITIONAL INFORMATION

Serving Size: 1 Gummy (One Gummy weighs approx. 2.5gm)	Amount Per 2.5 gm	**Approx % daily intake		
		in Children (3 - 9 years)	in Teens (13 - 19 years)	in Adults (>18 years)
Contents				
Calories	7.5 kcal	<0.5%	<0.5%	<0.5%
Total carbohydrate	2 g	*	*	*
Sugar	1.5 g	*	*	*
Dietary Fiber (as pectin)	0.05 g	*	*	*
Proteins	0 g	0 g	0 g	0 g
Fat	0 g	0 g	0 g	0 g
Choline (Choline dihydrogen Citrate)	25 mg	12.5%	5.4%	4.5%
Vitamin B5(as Calcium Pantothenate)	2 mg	66.6%	40%	40%
Vitamin B6)(as Pyridoxine Hydrochloride)	0.5 mg	71%	38.4%	38.4%
Vitamin B1(as Thiamine Hydrochloride)	0.3 mg	54.5%	25%	25%
Folic Acid(I Folic acid= 0.5 Folate unit)	100 mcg	74%	62%	62%
Inositol	20 mcg	2%	2%	2%
Biotin	6 mcg	75%	24%	20%
Vitamin B12 (as Cyanocobalamin)	0.6 mcg	60%	60%	60%

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Ingredients: Corn Syrup, Sugar, Water, Gelling agent (INS 440),Acidity Regulator (INS 330 & 331i), Mango Flavour Food Colours.

Free of: PROTEINS, TRANS FATS, SATURATED FATS, CHOLESTEROL, Gelatin, Wheat(Gluten), Milk, Eggs, Soy, Tree Nuts, Peanuts, Artificial flavor, Animal derivatives and preservatives

CONTAINS PERMITTED NATURAL FLAVORS & COLORS

Flavors: **Mango**



All Products Free of:



Gluten



Milk



Peanut



Nuts



Soy



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