

MegaFood®

Fresh From Farm To Tablet™

Kids B Complex

Nourish • Calm • Focus

MULTIVITAMIN & HERBAL
DIETARY SUPPLEMENT

30
TABLETS
30
SERVINGS



Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

Amount per Serving	%DV	
FoodState Nutrients		
Vitamin B1 (6 mg†; <i>S. cerevisiae</i>)	1.5 mg	100
Vitamin B2 (17 mg†; <i>S. cerevisiae</i>)	1.7 mg	100
Niacinamide (40 mg†; <i>S. cerevisiae</i>)	10 mg	50
Vitamin B-6 (10 mg†; <i>S. cerevisiae</i>)	2 mg	100
Folate (14 mg†; broccoli)	140 mcg	35
Vitamin B-12 (1 mg†; <i>S. cerevisiae</i>)	6 mcg	100
Biotin (30 mg†; organic brown rice)	150 mcg	50
Pantothenic Acid (32 mg†; <i>S. cerevisiae</i>)	8 mg	80
Zinc (200 mg†; <i>S. cerevisiae</i>)	10 mg	67
Chromium (GTF) (15 mg†; <i>S. cerevisiae</i>)	30 mcg	25
Choline	5 mg	**
Inositol	5 mg	**
Bacopa Whole Aerial Plant Extract 7:1		
(<i>Bacopa monnieri</i>)	50 mg	**
Lemon Balm Leaf Extract 4:1 (<i>Melissa officinalis</i>)		
	50 mg	**
L-Theanine	25 mg	**

** % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.
Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition - much more than vitamins alone.

FoodState Nutrients™ are made with fresh, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

Made with Love by MegaFood,
PO Box 325, Derry, NH 03038
To learn more, visit megafood.com
or call 800.848.2542

