

Kidamins™

Liquid Multi-Vitamins
for
Children Ages 1 - 12



Made in the USA
Dietary Supplement
16 oz (473 ml)



Supplement Facts# Serving Size: 1 tablespoon 14.8 ml Servings: ~32

Amount Per Serving	% D.V.*	Under 4	Over 4	% D.V.*	Under 4	Over 4	
Calories	8.3	**	**	Aquamin® S	44 mg	**	**
Carbohydrates	2 g	**	<1%	(Mineralized Red Algae) (Lithothamnium coralloides/Lithothamnium calcareum) (Whole Plant)			
Sodium	<10 mg	**	**	WellBerry™	250 mg	**	**
Dietary Fiber	1 g	5%	4%	(Vitamin C, Indian Gooseberry Fruit Extract (Phyllanthus emblica), Citrus Bioflavonoids, Vegetable Fatty Acids)			
Sugars	3 g	**	**	Digestive Health Complex	1,225 mg	**	**
Xylitol	1 g	**	**	(Fibersol-2® digestion-resistant maltodextrin, NutraFlora® ScFOS Prebiotic Blend), Organic Plant Digestive Enzyme Blend (Amylase, Protease, Lipase, and Cellulase, Lactase)			
Vitamin A (40% Beta Carotene)	1,667 IU	67	33	Fruits & Greens™ Antioxidant Fruit & Vegetable Blend			
Vitamin B1 (Thiamine Hcl)	3.3 mg	140	135	50 mg	**	**	
Vitamin B2 (Riboflavin-5-phosphate)	2 mg	140	120	(Extractives of: Banana, kiwi, mango, pineapple, cranberry, cherry, raspberry, red pepper, plum, apricot, ginger, broccoli, spinach, kale, cabbage, orange, grapefruit, lemon, lime, and green tea.)			
Vitamin B3 (Niacinamide)	10 mg	100	50				
Vitamin B5 (D-Cal. Pantothenate)	10 mg	100	50	Other Ingredients: Purified Water, Organic Agave Cactus Nectar, Vegetable Glycerin USP, Citric Acid, Xanthan Gum, Citric Acid, Natural Flavoring, Potassium Sorbate (to preserve freshness), Citric Acid® (Grapefruit seed extract)			
Vitamin B6 (Pyridoxine Hcl)	2 mg	100	100	* (% D.V.) Percent Daily Values based on 2000 Calorie diet.			
Vitamin B12 (Methylcobalamin)	15 mcg	500	250	** Percent Daily Value not established.			
Folic Acid	400 mcg	200	100	# These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.			
Biotin	55 mcg	45	20	CONTAINS NO STARCH, SALT, WHEAT, GLUTEN, YEAST, MILK, OR SOY DERIVATIVES.			
Choline (Bitartrate)	20 mg	**	**	If you are pregnant, nursing or have a medical condition consult a healthcare professional before using this product. Do not use if inner seal is missing or damaged.			
Vitamin C							
(Ascorbic Acid Citrus Bioflavonoids)	120 mg	300	200				
Vitamin D3 (cholecalciferol)	400 IU	100	100				
Vitamin E (D-Alpha Tocopherol)	20 IU	100	65				
Calcium (Calcium Citrate and Aquamin® Sea Minerals)	25 mg	8	5				
Magnesium (Calcium Citrate and Aquamin® Sea Minerals)	25 mg	13	25				
Manganese (Mang. Gluconate)	1 mg	**	50				
Potassium (Potassium Citrate)	50 mg	**	**				
Iodine (Potassium Iodide)	50 mcg	70	30				
Zinc (Zinc Gluconate)	5 mg	60	30				
Selenium (selenium amino acid)	10 mcg	**	14				
Chromium Polynicotinate	60 mcg	**	**				
Molybdenum (Sodium Molybdenate)	20 mcg	**	27				
Inositol	15 mg	**	**				

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NutraFlora® is a registered trademark of CPl Ingredients, Inc., used under license.
Aquamin® is a registered trademark of Marigot Limited.

RECOMMENDATION: Children 1 - 4: 1/2 Tablespoon
Children 4 - 14: 1 Tablespoon

Note: As with any natural product, color and taste may vary.

Shake well before using and please keep refrigerated after opening.

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