



* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MegaFood®

Fresh From Farm To Tablet™

Kids One Daily

Supports Optimal Health & Well-Being*



60
TABLETS
60
SERVINGS

MULTIVITAMIN & MINERAL
DIETARY SUPPLEMENT

Suggested Use: 1 tablet daily with a beverage. May be taken anytime throughout the day, even on an empty stomach. This product is recommended for children five years of age and older.

Supplement Facts

Serving Size 1 Tablet Servings per Container 60

Amount per Serving	% DV	Amount per Serving	% DV
Vitamin A (as beta carotene with carrot) [†] 150 mcg RAE	17%	Pantothenic Acid (as d-calcium pantothenate with organic brown rice) [†] 3 mg	60%
Vitamin C (as ascorbic acid with organic orange) [†] 20 mg	22%	Iodine (as fermented iodine glycinate) 25 mcg	17%
Vitamin D3 (as fermented cholecalciferol) 3.3 mcg	17%	Zinc (as fermented zinc bisglycinate) 2 mg	18%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) [†] 3.3 mg	22%	Selenium (as fermented selenium glycinate) 8 mcg	15%
Vitamin K (as phytonadione with cabbage) [†] 22 mcg	18%	Copper (as fermented copper bisglycinate) 0.03 mg	3%
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>) [†] 1.7 mg	142%	Manganese (as fermented manganese bisglycinate) 0.4 mg	17%
Riboflavin (as riboflavin with organic brown rice) [†] 1.7 mg	131%	GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 10 mcg	29%
Niacin (as niacinamide with <i>S. cerevisiae</i>) [†] 7 mg NE	44%	Molybdenum (as fermented molybdenum bisglycinate) 7 mcg	16%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>) [†] 2 mg	118%	Boron (as fermented boron triglycinate) 167 mcg	**
Folate (as folic acid with broccoli) [†] 226 mcg DFE (133 mcg folic acid)	57%	Fruit Phenolic Blend (Organic Whole Orange, Organic Cranberry, Organic Blueberry) 3 mg	**
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>) [†] 5 mcg	208%	** % Daily Value (DV) not established	
Biotin (as biotin with organic brown rice) [†] 100 mcg	333%		

Other Ingredients: Stearic acid, silicon dioxide, ferment media (yeast [inactive], organic brown rice, rice protein, autolyzed yeast extract), microcrystalline cellulose, organic brown rice, rice protein, autolyzed yeast extract, hypromellose.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA • megafood.com / 800.848.2542

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. [†]This vitamin is paired with a whole food in our unique process. Satisfaction guaranteed or your money back.

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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Best Before: Lot#: