



*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 B Complex

Supports Cellular Energy & a Healthy Nervous System*



30 TABLETS
30 SERVINGS

MULTIVITAMIN & HERBAL DIETARY SUPPLEMENT

Suggested Use: Kids 5 and older, 1 tablet daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 1 Tablet Servings per Container 30

Amount per Serving	% DV
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)† 1.5 mg	125%
Riboflavin (as riboflavin with organic brown rice)† 1.7 mg	131%
Niacin (as niacinamide with <i>S. cerevisiae</i>)† 10 mg NE	63%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>)† 2 mg	118%
Folate (as folic acid with broccoli)† 238 mcg DFE (140 mcg folic acid)	60%
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>)† 6 mcg	250%
Biotin (as biotin with organic brown rice)† 150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 8 mg	160%
Zinc (as fermented zinc bisglycinate) 10 mg	91%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 30 mcg	86%
Inositol 5 mg	**
Lemon Balm Leaf and Stem Extract 50 mg	**
L-Theanine 25 mg	**

** % Daily Value (DV) not established

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), silicon dioxide, rice protein, organic brown rice, stearic acid, autolyzed yeast extract, choline bitartrate, arabic gum, hypromellose. Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA megafood.com / 800.848.2542

MegaFood Kids B Complex supports cellular energy & a healthy nervous system.* We include a balanced complex of B vitamins, plus zinc, inositol, and L-theanine, in an easy-to-take mini-tablet.

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

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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: