

THE HEALTHY 'N FIT® SUPER HERO



ABSOLUTELY
DELICIOUS
NATURAL
FRUIT FLAVOR

FOR THE
ATHLETE'S KID
OR ANY KID
WHO DESIRES
OPTIMUM
HEALTH*

MULTI-VITAMINS
MULTI-MINERALS
ANTIOXIDANTS

WHOLE FOODS
ENZYMES
CO-FACTORS

KID NATURAL™

A COMPLETE NUTRITIONAL SYSTEM FORMULATED TO MEET THE
NUTRITIONAL NEEDS OF A GROWING BODY AND MIND

180 CHEWABLES

HEALTHY 'N FIT®, SPANNING THREE DECADES, PIONEERS & INNOVATORS OF ADVANCED NUTRITIONSM

EACH TWO KID NATURAL™ CHEWABLES CONTAIN:

VITAMINS

%USRDA

VITAMIN D	400 I.U.	100	100
VITAMIN B-1 (THIAMINE)	3.4 MG	482	226
VITAMIN B-2 (RIBOFLAVIN)	4.1 MG	498	239
NIACINAMIDE	24 MG	266	120
VITAMIN B-5 (PANTOTHENIC ACID)	22 MG	446	220
VITAMIN B-6 (PYRIDOXINE)	2 MG	286	100
VITAMIN B-12 (CYANOCOBALAMIN)	14 MCG	466	233
CHOLINE (AS PHOSPHATIDYL CHOLINE)	5 MG	**	**
INOSITOL	2.5 MG	**	**
PABA	5 MG	**	**
BIOTIN	150 MCG	100	50
FOLIC ACID	200 MCG	100	50
VITAMIN K-1	10 MCG	**	**

ANTIOXIDANTS

BETA CAROTENE (PRO-VITAMIN A)	5000 I.U.	200	100
VITAMIN C (with Rose Hips and Buffered with Mineral Ascorbates)	100 mg	250	166
VITAMIN E (NATURAL D-ALPHA)	45 I.U.	450	150
CITRUS BIOFLAVONOIDS COMPLEX (VITAMIN P)	30 MG	**	**
ZINC, ELEMENTAL (CHELATED)	5.25 MG	67	35
SELENIUM (YEAST FREE)	10 MCG	**	**

MINERALS

CALCIUM, ELEMENTAL	100 MG	12.5	10
MAGNESIUM, ELEMENTAL	50 MG	25	12.5
POTASSIUM, ELEMENTAL	35 MG	**	**
MANGANESE, ELEMENTAL	2.5 MG	**	**
IRON, ELEMENTAL (CHELATED)	6.3 MG	63	35
CHROMIUM (AS PICOLINATE)	10 MCG	**	**
IODINE (AS KELP)	75 MCG	53	50

PHOSPHORUS	10 MG	1	1
MOLYBDENUM	5 MCG	**	**
COPPER	200 MCG	20	10

PHYTONUTRIENTS WHOLE FOODS CONCENTRATE 225 MG

VEGETABLE CONCENTRATE: A Special Blend of Carrots, Broccoli,
Spinach, Celery, Beets, Green Beans, Parsley.
FRUIT CONCENTRATE: A Special Blend of Orange Juice, Pineapple,
Fruit, Raspberry Juice, Dried Apples, Dried Apricots, Dried Peaches,
Dried Cherries, Dried Plums, Figs.
SUPER PROTEIN CONCENTRATE:
SPECIAL ENZYME COMPLEX: Amylase, Protease,
Lipase25 MG ** **

CO-FACTORS

ACEROLA CHERRY JUICE CONCENTRATE	10 MG	**	**
HESPERIDIN COMPLEX	10 MG	**	**
RUTIN	5 MG	**	**

SUGGESTED USE: As a Dietary Supplement, Children 12 months to 4
years, one chewable daily, as with all foods taken under
adult supervision. Children 4 and older, one to two daily,
best at breakfast and dinner time.

KID NATURAL™ TASTES DELICIOUS AND IS SWEETENED
WITH NATURALLY DERIVED FRUIT SUGAR, KID NATURAL™
HAS NO SUCROSE OR SALT ADDED, NO ARTIFICIAL FLA-
VORS, ARTIFICIAL COLORS, PRESERVATIVES, WHEAT,
YEAST, STARCH, MILK PRODUCTS (LACTOSE FREE),
WAXES, SOLVENTS, GLUTEN, OR ARTIFICIAL BINDERS.

KEEP TIGHTLY CLOSED IN A COOL DRY PLACE
KEEP OUT OF REACH OF CHILDREN

*The first column represents the U.S. Recommended Daily
Allowance for children 12 months to 4 years.

*The second column represents the USRDA for children 4
years and older.

**No USRDA has been established.

MADE EXCLUSIVELY IN THE U.S.A.
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HOW THE MOST NUTRITIONALLY COMPLETE & BAL-
ANCED CHILDREN'S FORMULA WAS DEVELOPED.

Kid Natural™ was developed to fill a special need.
The founder of Healthy 'N Fit® International, Robert
J. Sepe, was asked the following question by his
children (Robert Jr., 11 years old at the time, Tina,
8 and Joseph, 4). "Daddy, why doesn't our compa-
ny have a vitamin for kids?" While Healthy 'N Fit®
produces over 100 product formulations, sold in
over 40 countries, the kids were right! Healthy 'N
Fit® didn't have a children's chewable. Mr. Sepe
saw the great need for a product such as Kid
Natural™. After all, most of the kid's vitamins out
there were virtual junk; laden with sugar, artificial
colors and flavors and quite incomplete and inef-
fective. Kid Natural™ is not just a natural vitamin
mineral formula; it is a complete nutritional system
formulated to meet the nutritional needs of a grow-
ing body and mind. Kid Natural™ is for "the ath-
lete's kid or any kid who desires optimum health."
OUR GUARANTEE - follow the suggested use for
Kid Natural™ for just one week, and if you are not
100% satisfied, simply return the unused portion for
a full refund.



THE QUALITY AND POTENCY OF THIS PRODUCT HAS BEEN LABORATORY TESTED AND ASSAYED