

SOURCE NATURALS®

NATURAL
BERRY
FLAVORS

DIETARY SUPPLEMENT

MEGA-KID™

CHEWABLE MULTI-VITAMIN

SERIOUS NUTRITION FOR CHILDREN AGES 2-10

60 WAFERS

Supplement Facts

Serving Size 1 Wafer

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	1%*
Sugars	2 g	†
Vitamin A (as beta-carotene)	3,000 IU	60%
Vitamin C (as ascorbic acid & manganese ascorbate)	100 mg	167%
Vitamin D-3 (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU	50%
Vitamin K (as phytonadione)	10 mcg	13%
Thiamin (vitamin B-1)	2.5 mg	167%
Riboflavin (vitamin B-2)	2.5 mg	147%
Niacinamide	7.5 mg	38%
Vitamin B-6 (as pyridoxine HCl)	2.5 mg	120%
Folate (as folic acid)	200 mcg	50%
Vitamin B-12 (as methylcobalamin)	5 mcg	83%
Biotin	75 mcg	25%
Pantothenic Acid (as calcium o-pantothenate)	7.5 mg	75%
Calcium (as calcium citrate)	20 mg	2%
Iron (as iron fumarate)	3 mg	17%
Iodine (as potassium iodide)	40 mcg	27%
Magnesium (as magnesium chelate)	15 mg	4%
Zinc (as zinc gluconate)	2.5 mg	17%
Selenium (as L-selenomethionine)	30 mcg	43%
Copper (as copper sebacate)	75 mcg	4%
Manganese (as manganese ascorbate)	1 mg	50%
Chromium (as chromium polynicotinate [ChromeMate®])	5 mcg	4%
Potassium (as potassium citrate)	10 mg	<1%
Carrot Root	20 mg	†
Citrus Bioflavonoids	15 mg	†
gamma-Vitamin E Complex	15 mg	†
Bee Pollen	10 mg	†
Red Beet Root	10 mg	†
Spirulina	10 mg	†

L-Lysine (HCl)	6 mg	†
Spinach Leaf	5 mg	†
Freeze Dried Pea	5 mg	†
Wheatgrass	5 mg	†
Wheat Sprout Complex	5 mg	†
Oat Bran Fiber Blend	5 mg	†
Barley Grass	5 mg	†
Rutin	5 mg	†
Inositol	5 mg	†
Taurine	4 mg	†
Hesperidin	2.5 mg	†
Quercetin	2.5 mg	†
Bilberry Fruit Extract (36% anthocyanosides)	2.5 mg	†
Pomegranate Fruit Extract (40% ellagic acid)	2.5 mg	†
Cabbage Floret and Stem	1.5 mg	†
Broccoli Floret and Stem	1.5 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: fructose, natural raspberry flavor, strawberry fruit, stearic acid, natural peach and honey flavors, blackberry juice concentrate, magnesium stearate, and stevia leaf extract.

Contains wheat and soy.

Your child deserves only the best, so we use high quality bioavailable forms of the nutrients in MEGA-KID™ for absorption and utilization.

Suggested Use: 1 chewable wafer daily. For children 4 years and under, break wafers into bite size pieces. Not for use by children under 2 years old.**CAUTION:** Bee products may cause an allergic reaction in some people. Discontinue use if this occurs. If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Do not use if either tamper-evident seal is broken or missing.

ChromeMate® is a trademark of InterHealth, N.I.

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Manufactured for
SOURCE NATURALS, INC.
P.O. Box 100
LA JOLLA, CA 92037
www.sourcenaturals.com

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