

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



*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®

From Farm to Tablet*

kids B Complex

Support cellular
energy production†
with B vitamins including
active forms of folate & B12
Plus food blend

30 TABLETS / 30 SERVINGS DIETARY SUPPLEMENT

Suggested Use: Kids 5 and older take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 30

Amount per serving	% DV
Thiamin (as thiamine hydrochloride) 1.5 mg	125%
Riboflavin (as riboflavin) 1.7 mg	131%
Niacin (as niacinamide) 10 mg NE	63%
Vitamin B6 (as pyridoxine hydrochloride) 2 mg	118%
Folate (as calcium L-5-methyltetrahydrofolate) 238 mcg DFE (143 mcg L-5-MTHF)	60%
Vitamin B12 (as methylcobalamin) 6 mcg	250%
Biotin (as biotin) 150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate) 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	**
*Food Blend 44 mg	**
Organic brown rice, organic broccoli	
L-Theanine 25 mg	**

** % Daily Value (DV) not established

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

MADE BY MEGAFOOD, PO BOX 5244
MANCHESTER, NH 03108 USA
MEGAFOOD.COM • 800.848.2542

MegaFood Kids B Complex contains B vitamins to support cellular energy production and a healthy nervous system.†
We also include zinc, L-theanine and inositol, in this convenient mini-tablet.

This product is made with food-paired vitamins and fermented minerals.
Satisfaction guaranteed or your money back.

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CAUTION: 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 By:
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