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MegaFood®

From Farm to Tablet*

kids

ONE DAILY MULTIVITAMIN

- Daily nutritional support†
 - Bone health†
 - Immune support†
- with 20 essential nutrients
Plus real food

60 TABLETS / 60 SERVINGS **DIETARY SUPPLEMENT**



Suggested Use: Kids 5 and older take 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 60

Amount per serving	% DV
Vitamin A (as beta carotene) 150 mcg RAE	17%
Vitamin C (as ascorbic acid) 20 mg	22%
Vitamin D3 (as fermented cholecalciferol) 3.3 mcg	17%
Vitamin E (as d-alpha tocopherol from sunflower seed oil) 3.3 mg	22%
Vitamin K (as phytonadione) 22 mcg	18%
Thiamin (as thiamine hydrochloride) 1.7 mg	142%
Riboflavin (as riboflavin) 1.7 mg	131%
Niacin (as niacinamide) 7 mg NE	44%
Vitamin B6 (as pyridoxine hydrochloride) 2 mg	118%
Folate (as folic acid) 226 mcg DFE (133 mcg folic acid)	57%
Vitamin B12 (as cyanocobalamin) 5 mcg	208%
Biotin (as biotin) 100 mcg	333%
Pantothenic Acid (as d-calcium pantothenate) 3 mg	60%
Iodine (as fermented iodine glycinate) 25 mcg	17%

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

Amount per serving	% DV
Zinc (as fermented zinc bisglycinate) 2 mg	18%
Selenium (as fermented selenium glycinate) 8 mcg	15%
Copper (as fermented copper bisglycinate) 0.03 mg	3%
Manganese (as fermented manganese bisglycinate) 0.4 mg	17%
GTF Chromium (as fermented chromium glycinate, nicotinate, glutamate) 10 mcg	29%
Molybdenum (as fermented molybdenum bisglycinate) 7 mcg	16%
Boron (as fermented boron glycinate) 167 mcg	**
*Food Blend 80mg	**
Organic brown rice, organic orange, carrot, organic broccoli, organic cranberry, cabbage, organic blueberry	
** % Daily Value (DV) not established	

MegaFood Kids One Daily is a foundational multivitamin in a convenient one-a-day tablet, designed to support the growth and development of kids 5 and up.†

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

† 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.

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. Do not use if seal under cap is broken or missing.



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Rev: 3 09/22

Best By:
Lot#:

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JAN 2026

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

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



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