



F1258B
Rev: 5 11/12
Lot#: _____
Best Before: _____

MegaFood™

Fresh From Farm To Tablet™

Kid's One Daily

Nourish • Nurture • Protect*



30
TABLETS
30
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

Amount per Serving	% DV	
FoodState Nutrients		
Vitamin A (33 mg†; carrots)	1667 IU	33
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (80 mg†; oranges)	20 mg	33
Vitamin D3 (3 mg†; <i>S. cerevisiae</i>)	133 IU	33
Vitamin E* (20 mg†; organic brown rice)	5 IU	17
Vitamin K (2 mg†; cabbage)	22 mcg	27
Thiamine (B-1) (7 mg†; <i>S. cerevisiae</i>)	1.7 mg	111
Riboflavin (B-2) (17 mg†; <i>S. cerevisiae</i>)	1.7 mg	98
Niacinamide (27 mg†; <i>S. cerevisiae</i>)	7 mg	33
Vitamin B-6 (10 mg†; <i>S. cerevisiae</i>)	2 mg	100
Folate (13 mg†; broccoli)	133 mcg	33
Vitamin B-12 (1 mg†; <i>S. cerevisiae</i>)	5 mcg	83
Biotin (20 mg†; organic brown rice)	100 mcg	33
Pantothenic Acid (13 mg†; <i>S. cerevisiae</i>)	3 mg	33
Calcium (13 mg†; <i>S. cerevisiae</i>)	0.7 mg	<1

Amount per Serving	% DV	
Iodine (2 mg†; <i>S. cerevisiae</i>)	25 mcg	17
Magnesium (13 mg†; <i>S. cerevisiae</i>)	0.7 mg	<1
Zinc (40 mg†; <i>S. cerevisiae</i>)	2 mg	13
Selenium (8 mg†; <i>S. cerevisiae</i>)	8 mcg	12
Copper (3 mg†; <i>S. cerevisiae</i>)	33 mcg	2
Manganese (8 mg†; <i>S. cerevisiae</i>)	0.4 mg	20
Chromium (GTF) (8 mg†; <i>S. cerevisiae</i>)	15 mcg	13
Molybdenum (3 mg†; <i>S. cerevisiae</i>)	7 mcg	9
Potassium (206 mg†; <i>S. cerevisiae</i>)	4 mg	<1
Boron (17 mg†; <i>S. cerevisiae</i>)	167 mcg	**
FoodState Farm Fresh Fruit Blend 3 mg **		
Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)		
Digestive Enzymes 2 mg **		
Amylase, Cellulase, Protease, Lipase		

*Full spectrum of mixed tocotrienols and tocopherols ** % Daily Value (DV) not established †Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

Certified Gluten-Free by QAI

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

This product is recommended for children five years of age and older.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038

To learn more, visit megafood.com or call 800.848.2542



MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition - much more than vitamins alone.

FoodState Nutrients™ are made with fresh and local foods. Crafted with our Slo-Food Process™, they deliver the most authentic nourishment available, which we believe the body recognizes as 100% whole food.

* 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.