

MegaFood™

Fresh From Farm To Tablet™

Kid's One Daily

Nourish • Nurture • Protect*

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving	% DV ▼	Amount per Serving	% DV ▼
FoodState Nutrients			
Vitamin A (33 mg†; carrots)	1667 IU 33	Iodine (2 mg†; <i>S. cerevisiae</i>)	25 mcg 17
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		Magnesium (13 mg†; <i>S. cerevisiae</i>)	0.7 mg <1
Vitamin C (80 mg†; oranges)	20 mg 33	Zinc (40 mg†; <i>S. cerevisiae</i>)	2 mg 13
Vitamin D3 (3 mg†; <i>S. cerevisiae</i>)	133 IU 33	Selenium (8 mg†; <i>S. cerevisiae</i>)	8 mcg 12
Vitamin E* (20 mg†; organic brown rice)	5 IU 17	Copper (3 mg†; <i>S. cerevisiae</i>)	33 mcg 2
Vitamin K (2 mg†; cabbage)	22 mcg 27	Manganese (8 mg†; <i>S. cerevisiae</i>)	0.4 mg 20
Thiamine (B-1) (7 mg†; <i>S. cerevisiae</i>)	1.7 mg 111	Chromium (GTF) (8 mg†; <i>S. cerevisiae</i>)	15 mcg 13
Riboflavin (B-2) .. (17 mg†; <i>S. cerevisiae</i>)	1.7 mg 98	Molybdenum (3 mg†; <i>S. cerevisiae</i>)	7 mcg 9
Niacinamide (27 mg†; <i>S. cerevisiae</i>)	7 mg 33	Potassium (206 mg†; <i>S. cerevisiae</i>)	4 mg <1
Vitamin B-6 (10 mg†; <i>S. cerevisiae</i>)	2 mg 100	Boron (17 mg†; <i>S. cerevisiae</i>)	167 mcg **
Folate (13 mg†; broccoli)	133 mcg 33	FoodState Farm Fresh Fruit Blend	3 mg **
Vitamin B-12 (1 mg†; <i>S. cerevisiae</i>)	5 mcg 83	Whole Orange (natural source bioflavonoids), Wild Blueberry (natural source anthocyanins), Cranberry (natural source proanthocyanidins)	
Biotin (20 mg†; organic brown rice)	100 mcg 33	Digestive Enzymes	2 mg **
Pantothenic Acid (13 mg†; <i>S. cerevisiae</i>)	3 mg 33	Amylase, Cellulase, Protease, Lipase	
Calcium (13 mg†; <i>S. cerevisiae</i>)	0.7 mg <1		

*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.

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

Certified Gluten-Free by QAI

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.



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