

MegaFood™

Fresh From Farm To Tablet™

Kid's B Complex

Nourish • Calm • Focus*

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT

30
TABLETS
30
SERVINGS



Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

Amount per Serving		%DV		▼
FoodState Nutrients				
Vitamin B1	(6 mg†; <i>S. cerevisiae</i>)	1.5	mg	100
Vitamin B2	(17 mg†; <i>S. cerevisiae</i>)	1.7	mg	100
Niacinamide	(40 mg†; <i>S. cerevisiae</i>)	10	mg	50
Vitamin B-6	(10 mg†; <i>S. cerevisiae</i>)	2	mg	100
Folate	(14 mg†; broccoli)	140	mcg	35
Vitamin B-12	(1 mg†; <i>S. cerevisiae</i>)	6	mcg	100
Biotin	(30 mg†; organic brown rice)	150	mcg	50
Pantothenic Acid	(32 mg†; <i>S. cerevisiae</i>)	8	mg	80
Zinc	(200 mg†; <i>S. cerevisiae</i>)	10	mg	67
Chromium (GTF)	(15 mg†; <i>S. cerevisiae</i>)	30	mcg	25
Choline		5	mg	**
Inositol		5	mg	**
Bacopa (Whole Leaf Extract)		50	mg	**
Lemon Balm Extract 4:1		50	mg	**
L-Theanine		25	mg	**

** % 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.

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.

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

To learn more, visit megafood.com **vitamin angels**
or call 800.848.2542

Certified Gluten-Free by QAI



F1269B
Rev: 1 08/12
Lot#:
Best
Before: