



MetaKids™ Multi Soft Chew

Vitamins • Minerals • Phytonutrients

Form: Chewable Tablets

Flavor: Juicy Grape Flavor

Size: 60 Grape Flavored Soft Chews

MetaKids™ Multi is a convenient, great-tasting formula kids will love.

Each soft chew provides 15 essential vitamins and minerals to help meet the nutritional needs of growing, active children along with unique phytonutrients from fruit and vegetable powders.*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Chew	
Servings Per Container	60	
Calories	20	
Calories From Fat	5	
Total Fat	0.5 g	1%*
Total Carbohydrate	4 g	1%*
Sugars	1 g	**
Sugar Alcohol	1 g	**
Vitamin A (as retinyl palmitate)	1,900 IU	38%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	300 IU	75%
Vitamin E (as d-alpha tocopheryl acetate)	15 IU	50%
Thiamin (as thiamine mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	7.5 mg	38%
Vitamin B ₆ (as pyridoxine HCl)	2 mg	100%
Folate (from (6S)-5-methyltetrahydrofolic acid, glucosamine salt) [†]	100 mcg	25%
Vitamin B ₁₂ (as methylcobalamin)	1.2 mcg	20%
Biotin	45 mcg	15%
Pantothenic Acid (as calcium D-pantothenate)	10 mg	100%
Calcium (as calcium citrate)	100 mg	10%
Iodine (as potassium iodide)	75 mcg	50%
Zinc (as zinc citrate)	6 mg	40%
Sodium	10 mg	<1%

Vegetable Blend of:

Beet (<i>Beta vulgaris</i> L.) Root, Kale (<i>Brassica oleracea sabellica</i>) Leaf, Carrot (<i>Daucus carota sativus</i>) Root	25 mg	**
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Fruit Blend of:

Apple (<i>Malus domestica</i>) Fruit, Cranberry (<i>Vaccinium macrocarpon</i>) Fruit, Blueberry (<i>Vaccinium angustifolium</i>) Fruit	25 mg	**
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Other Ingredients: Tapioca syrup, erythritol, cane sugar, palm oil, natural flavors, xylitol, sunflower lecithin, citric acid, fruit and vegetable juice (color), carnauba wax, sea salt, and rebaudioside A (from *Stevia rebaudiana* leaf extract).

Directions: For children age 4 and over, take one chew per day or as directed by your healthcare practitioner. Not recommended for children under 3.

This product is non-GMO and gluten-free.

Caution: Excess vitamin A intake may be toxic. Children under age nine should not exceed 3,000 IU of preformed vitamin A (retinyl palmitate) per day.

Tamper Evident: Do not use if package is torn or open.

Storage: Keep in a cool, dry place.

**Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

[†] As Quatrefolic®. Quatrefolic® is a Registered Trademark of Gnosis S.p.A, U.S. Patent No. 7,947,662

^No MSG