

Be kind Kids Multivitamin delivers 11 important nutrients in a tasty sugar-free gummy, to nourish and nurture growing children. Each gummy delivers a meaningful top-up of methyl B-vitamins, A, C, D and E, plus iodine and zinc.

- B-vitamins including methylated folate and B12, for focus and learning*
- Iodine and zinc for growing bodies and bones*
- Vitamins A, C & D for immune support*

The Be kind range is formulated by our nutrition scientists and in-house doctor to optimize your family's daily nutrition based on scientific research. We select absorbable and bioactive nutrient forms to ensure you get the most from every dose. We use only the highest quality, clean ingredients, with no unpleasant additives. Each batch is tested for your peace of mind.

No artificial colors, flavors, sweeteners, or preservatives; not tested on animals; non-GMO; suitable for vegetarians & vegans; compatible with halal & kosher diets.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This product should not be used as a substitute for a varied and balanced diet and healthy lifestyle. As with any dietary supplement, consult your physician before use if you have a medical condition or are taking medication. Not suitable for children under 4 years. This product contains vitamin A (as retinol); do not use if you are pregnant, likely to become pregnant, or are breastfeeding. **Keep out of the reach of children.** Store in a cool, dry place and away from sunlight.

GMP-manufactured in Canada



Best Before End / Batch number



HEALTHCARE NUTRITION®

Be kind KIDS

MULTIVITAMIN WITH METHYL B-VITAMINS, VITAMIN D3, IODINE & ZINC

Advanced formula
Pure & clean ingredients

90 gummies
MIXED BERRY FLAVORS
SUGAR-FREE
DIETARY SUPPLEMENT



Supplement Facts

Serving size: 1-2 gummies
Servings per container: 45-90

	Amount per 1 gummy Children 4-8 years % DV		Amount per 2 gummies Children 9+ years % DV	
Calories	<5		5	
Total carbohydrate	1.5 g	<1%	3 g	1%
Sugar alcohol	1.5 g	†	3 g	†
Vitamin A (as retinol palmitate)	523 mcg RAE	58%	1046 mcg RAE	116%
Vitamin C (as ascorbic acid)	13 mg	14%	26 mg	29%
Vitamin D3 (as cholecalciferol from lichen)	6 mcg	30%	12 mcg	60%
Vitamin E (as natural D-alpha-tocopherol)	4.9 mg α-TE	33%	9.8 mg α-TE	65%
Vitamin B6 (as pyridoxine hydrochloride)	0.69 mg	41%	1.38 mg	81%
Folate (as calcium L-methylfolate)	173 mcg DFE	43%	346 mcg DFE	87%
Vitamin B12 (as methylcobalamin)	3.4 mcg	142%	6.8 mcg	283%
Biotin (as D-biotin)	40 mcg	133%	80 mcg	267%
Pantothenic acid (as calcium D-pantothenate)	3.4 mg	68%	6.8 mg	136%
Iodine (as potassium iodide)	28 mcg	19%	56 mcg	37%
Zinc (as zinc citrate)	1.8 mg	16%	3.6 mg	33%

† Daily Value not established. Percent Daily Values (DV) are based on a 2,000 calorie diet.
OTHER INGREDIENTS: Maltitol, erythritol, purified water, pectin, natural flavors (mixed berries), citric acid, sodium citrate, natural colors (grape, carrot), natural fruit powder (strawberry, raspberry, blueberry, tart cherry, pomegranate, cranberry), sunflower oil, rice flour, choline bitartrate, inositol.
DIRECTIONS FOR USE: Children aged 4-8yrs: 1 gummy daily (chew thoroughly before swallowing). Children aged 9yrs+: chew 2 gummies daily. Best taken after food. Do not exceed the stated dose.
Nutrition questions & support
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