



core nutrition

Supplement Facts

Serving Size: 1 Scoop (15.34 g)
Servings Per Container 30

	Amount per Serving	% Daily Value
Calories	50	
Total Fat	1 g	
Total Carbohydrate	5 g	2%*
Total Sugars	1 g	**
Includes 1g Added Sugars		30%*
Protein	5 g	
Vitamin A	750 mcg	83%
Vitamin C	135 mg	150%
Vitamin D	5 mcg	25%
Vitamin E	46 mg	307%
Vitamin K	30 mcg	25%
Thiamin	0.8 mg	67%
Riboflavin	0.9 mg	69%
Niacin	10 mg	63%
Vitamin Bs	1 mg	59%
Folate	340 mcg DFE (200 mcg folic acid)	85%
Vitamin B12	3 mcg	125%
Biotin	150 mcg	500%
Pantothenic Acid	5 mg	100%
Calcium	570 mg	44%
Iron	9 mg	50%
Phosphorus	190 mg	15%
Iodine	75 mcg	50%
Magnesium	120 mg	29%
Zinc	7.5 mg	68%
Selenium	50 mcg	91%
Copper	1 mg	111%
Manganese	0.5 mg	22%
Chromium	50 mcg	143%
Molybdenum	50 mcg	111%
Sodium	80 mg	3%
Now for Kids Proprietary Blend	408 mg	**
Omega 3 Fatty Acids (from anchovy/sardine, soy lecithin, milk)		**
Phosphatidylserine (from soy bean)		**
Phosphatidylcholine		**
Grape (seed) Extract		**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily value not established.

Other Ingredients: Non-GMO Soy Blend with LunaRich® Soy Powder, Calcium Carbonate, Maltodextrin, Fructose, Dimagnesium Phosphate, Natural & Artificial Flavors, Non-GMO Soy Lecithin, Sodium Chloride, Ascorbic Acid, Alpha Tocopheryl Acetate (source of Vitamin E), Dicalcium Phosphate, Rebiana (stevia leaf extract), Xanthan Gum, Guar Gum, LunaRich® X Soy Extract, Optizinc® Zinc Monomethionine, Ferrous Fumarate, Biotin, Beta Carotene, Vitamin A Palmitate, Niacinamide, PABA, Calcium Pantothenate, Copper Gluconate, Vitamin K, Vitamin D3, Pyridoxine Hydrochloride, Manganese Sulfate, Riboflavin, Sodium Selenite, Thiamine Hydrochloride, Potassium Iodide, ChromeMate® Chromium Polynicotinate, Vitamin B12, Folic Acid and Sodium Molybdate. **CONTAINS: SOY, MILK AND FISH (ANCHOVY AND SARDINE).**



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CHROMEMATE

OptiZinc