

# MetaKids™ Nutrition Powder

**Form:** Powder  
**Flavor:** Vanilla  
**Size:** 14 Servings



**MetaKids Nutrition Powder** provides important foundation nutrition for children 4-12 years old. This comprehensive formula features breakthrough prebiotic human milk oligosaccharides<sup>‡</sup> (PreBiome 2'-FL™)—structurally much like that found in mother's milk—along with a blend of essential nutrients such as choline, plant sourced DHA, and a proprietary vitamin and mineral blend to help support a healthy diet. With 8 grams of high-quality plantbased rice protein and added amino acids, MetaKids Nutrition Powder has a perfect children's Protein Digestibility-Corrected Amino Acid Score (PDCAAS) of 1.0— providing a complete and balanced source of protein to support children's growth.\*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Scoop (27 g)	
Servings Per Container	14	
Calories	90	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	1.5 g	8%*
Total Carbohydrate	13 g	4%*
Dietary Fiber	5 g	20%*
Sugars	4 g	**
Protein	8 g	16%*
Vitamin A	2,500 IU	50%
Vitamin C	25 mg	42%
Vitamin D	600 IU	150%
Vitamin E	8 IU	27%
Vitamin K	55 mcg	69%
Thiamin	0.15 mg	10%
Riboflavin	0.17 mg	10%
Niacin	8 mg	40%
Vitamin B <sub>6</sub>	0.6 mg	30%
Folate	200 mcg	50%
Vitamin B <sub>12</sub>	1.2 mcg	20%
Biotin	12 mcg	4%
Pantothenic Acid	3 mg	30%
Calcium	160 mg	16%
Iron	1 mg	6%
Phosphorus	180 mg	18%
Iodine	65 mcg	43%
Magnesium	12 mg	3%
Zinc	3 mg	20%
Selenium	17 mcg	24%
Chromium	15 mcg	13%
Chloride	80 mg	2%

Sodium	30 mg	1%
2'-Fucosyllactose (2'-FL)	500 mg	**
L-Lysine	200 mg	**
Docosahexaenoic Acid (DHA)	75 mg	**
Choline	50 mg	**

**Other Ingredients:** Rice protein concentrate, partially hydrolyzed guar gum, organic cane sugar, medium-chain triglycerides, gum acacia, DHA algal powder (glucose syrup solids, DHA algal oil, modified corn starch, mannitol, high oleic sunflower oil, sodium ascorbate, mono and diglycerides, sodium polyphosphate, tricalcium phosphate, natural flavors, tocopherols, sunflower lecithin, and ascorbyl palmitate), 2'-fucosyllactose powder, guar gum, dicalcium phosphate, natural flavors,<sup>†</sup> silica, xanthan gum, L-lysine HCl, choline bitartrate [hydrogenated vegetable oil encapsulate (one or more of highly refined soybean oil, palm oil, and cottonseed oil)], vitamin/mineral premix (ascorbic acid, d-alpha tocopheryl acetate, rice flour, zinc gluconate, beta-carotene, niacinamide, retinyl acetate, cholecalciferol, calcium D-pantothenate, selenomethionine, D-biotin, phylloquinone, potassium iodide, pyridoxine HCl, calcium L-5 methyltetrahydrofolate,<sup>††</sup> thiamin HCl, riboflavin, chromium polynicotinate, and methylcobalamin), Chinese cinnamon powder, and Luo Han Guo fruit (monk fruit) extract.

**Directions:** For children ages 4-12, blend, shake, or briskly stir about one scoop (27 g) into 8 ounces of pure, distilled, or filtered water until powder is completely dissolved.

**This product is non-GMO and gluten-free.**

**Warning:** Keep out of the reach of children.

**Storage:** Keep tightly closed in a cool, dry place.

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

<sup>‡</sup>Daily Value not established.

<sup>†</sup>No MSG

<sup>††</sup>As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

<sup>‡</sup>Not from human milk

**WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm.**

For more information go to [www.P65warnings.ca.gov/food](http://www.P65warnings.ca.gov/food)