

KIDS COMPLETE

FOOD COMPOUND VITAMIN

Kids Complete™ is a Food Compound Vitamin specifically designed to ensure that children receive all of the vitamins, minerals and a broad range of nourishing whole foods necessary for optimal health and development.

FOOD COMPOUND NUTRITION

The human body requires a comprehensive profile of nutrients provided from a wide variety of foods to maintain optimal health, especially during a child's phases of growth and development. Providing nutrient dense food for your child to stay healthy begins as a challenge, and only becomes more so when a child's limited food preferences are taken into consideration. According to a study published in *Science*, July 16, 1999, children living in the US often fail to obtain recommended daily requirements for essential nutrients. Meals may contain a variety of foods, however, often not the right foods. **Kids Complete™** is a convenient way to supplement a child's diet, ensuring a variety of nourishing whole foods, as well as providing essential vitamins and minerals necessary for good health. **Kids Complete™** is an excellent Food Compound Vitamin for both children and young adults. The mini-tablets are easy to swallow and are formulated without any sweeteners, artificial colors, or preservatives.

RightFoods™ has created **Kids Complete™** by skillfully combining 23 nutrient-dense whole food extracts, supportive tonic herbs, and essential nutrients. **RightFoods™** only uses whole food extracts, which are naturally rich in vitamins, minerals, and a multitude of beneficial food compounds. Scientific research has identified food compounds to have several health-promoting

roles in the body, including acting as antioxidants and immune stimulators. Research continues to validate the direct role food compounds have in promoting long-term wellness.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. Studies have indicated a diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body.

Kids Complete™ contains a select group of 23 foods to fully represent each food compound class. This representation is called the **Complete Active Range™**. Each mini-tablet of **Kids Complete™** includes foods such as spinach, kale, onions, carrots, cabbage, flaxseed, broccoli, tomatoes, blueberries, rice bran, cranberries, lemons, and more. **Kids Complete™** is the only multi-vitamin/mineral formula for children that provides a **Complete Active Range™** of food compounds.



NOURISHING HERBS

Several tonic whole herb extracts are included in **Kids Complete™** to provide additional nutritive balance and support for all health systems of a growing child. Whole herbs have traditionally been used by many cultures on a daily basis to promote wellness. Like whole foods, whole herbs contain numerous food compounds beneficial to our health. Only herbs regarded as safe and beneficial to a child's well-being were selected. The following health systems are supported by the herbs included in **Kids Complete™**:

- Liver** *Turmeric*, a member of the ginger family, this bright yellow herb most commonly used in curry powders is rich in compounds known to support liver health. *Dandelion* is a good source of lecithin, a nutrient that supports liver health.
- Immune** *Astragalus* is an immune-supporting herb that may also help the body naturally adapt through periods of stress, such as an illness or injury.
- Nervous** *Wild Oat Seed* is widely used to help strengthen and calm the nervous system.
- Skeletal** *Nettle* and *Dandelion* are both abundant in trace minerals, important nutrients for skeletal development that are often lacking in children's diet.
- Digestive** *Ginger* is an excellent herb known to help promote digestive function and gently soothe digestive complaints.
- Genital-Urinary** *Nettle Leaf* is widely used to promote the health of the genital-urinary system.

Complete Active Range™ herb extracts that, unlike many other types of herb extracts, contain after extraction all of the original food compounds that each herb contained before extraction.



Supplement Facts

Serving Size 3 Mini Tablets

Amount per Serving		% Daily Value ▼
Vitamin A	(Vitamin A ^{††} , Carrot*)	833 IU 17
Vitamin C	(Vitamin C, Orange*)	50 mg 83
Vitamin D	(D3, Alfalfa*)	133 IU 33
Vitamin E	(Tocopherols, Flax*)	30 IU 100
Vitamin K	(K1, Kale*)	17 mcg 21
Thiamine	(B1, Rice Bran*)	1.7 mg 113
Riboflavin	(B2, Pumpkin Seed*)	1.3 mg 76
Niacin	(B3, Green Papaya*)	10 mg 50
Vitamin B6	(B6, Green Pepper*)	3.3 mg 165
Folic Acid	(Folate, Onion*)	133 mcg 33
Vitamin B12	(B12, Beet*)	8 mcg 133
Biotin	(Biotin, Tomato*)	67 mcg 22
Pantothenic Acid	(B5, Cranberry*)	5 mg 50
Calcium	(AAC [†] , Hydrilla*)	33 mg 3
Iron	(AAC [†] , Kudzu*)	5 mg 28
Iodine	(Kelp*)	50 mcg 33
Magnesium	(AAC [†] , Alfalfa*)	17 mg 4
Zinc	(AAC [†] , Black Currant*)	5 mg 33
Selenium	(AAC [†] , Shiitake*)	17 mcg 24
Copper	(AAC [†] , Lemon Peel*)	33 mcg 2
Manganese	(AAC [†] , Wild Blueberry*)	1 mg 50
Chromium (GTF)	(AAC [†] , Apple*)	17 mcg 14
Carotenoids	(Beta Carotene, Carrot*)	67 IU **
Potassium	(AAC [†] , Cabbage*)	15 mg **
PABA	(PABA, Spinach*)	0.7 mg **
Inositol	(Inositol, Orange Peel*)	7 mg **
Choline	(Choline, Rice Bran*)	17 mg **

Complete Active Range™ Herbal Extracts

Astragalus Root 4:1 (Glycosides, from 40 mg*)	10 mg	**
Dandelion 4:1 (Sesquiterpene, from 28*)	7 mg	**
Turmeric 10:1 (Curcuminoids, from 70 mg*)	7 mg	**
Nettle Leaf 4:1 (Glycosides, from 28 mg*)	7 mg	**
Ginger Root 5:1 (Gingerols, from 25 mg*)	5 mg	**
Green Oat Seed 4:1 (C-glycosyl, from 12 mg*)	3 mg	**

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); Phenols (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); Amines (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); Polysaccharides (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); Organosulfurs (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); Lipids (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); Organic Acids (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 176 mg **

Total Food & Herb Fresh Weight is 1,351 mg.

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

[†] Amino Acid Chelates are superior to many other mineral forms.

^{††} Vitamin A Palmitate, Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

Other Ingredients : Guar Gum, Vegetable Lubricant, Food Glaze.

COMPLETE ANTIOXIDANT ACTIVITY

The body's tissues and cells are continuously exposed to damaging molecules called free radicals. Free radicals are created in the body from everyday exposure to pollution, household chemicals, pesticides, exercise, and even from normal metabolic reactions. Food compounds and nutrients that protect the body from free radicals are referred to as antioxidants. Without ample amounts of antioxidants, the body is more susceptible to developing health conditions that are linked to free-radical damage. The Complete Active Range™ in Kids Complete™ provides complete antioxidant protection from food compounds. Food compounds are antioxidants themselves and play an important role in strengthening the body's natural defenses. To ensure your child is getting the most complete antioxidant protection from a Complete Active Range™ of food compounds, choose Kids Complete™ for their daily Food Compound Vitamin.

VITAMINS ALONE ARE NOT ENOUGH

As the demand for dietary supplementation grew, vitamins and minerals were pharmaceutically isolated and manufactured into pills without food. Unfortunately, scientists noticed that the biological activity of these isolated nutrients was notably lower than the activity of the same nutrients combined with other compounds contained in food. To compensate for the lost biological activity of synthetic vitamins and minerals, higher doses were recommended. For decades, people assumed that if they took a "complete" multi-vitamin, they would be getting all the nutrients they needed for good health. New research has shown that high dosages of vitamins and minerals cannot replace the health benefits of the missing food compounds. As scientists discovered the powerful health-promoting activities of food compounds in the body, and their interaction with other nutrients, it became clear that vitamins and minerals alone are not enough for optimal health. Food compounds are the key to complete nutrition and wellness.

SUPERIOR NUTRIENT DELIVERY

RightFoods™ has carefully selected all the nutrients, foods, and herbs in Kids Complete™ to create a supplement with superior absorption and utilization. The whole food extracts in Kids Complete™ contain proteins and food compounds that act as "helping hands" in the absorption and delivery of vitamins and minerals to the cells that need them. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of dietary vitamins and minerals is diminished. Other distinctive elements of Kids Complete™ Food Compound Vitamins that further enhance the overall formula's utilization include the following:

-100% AAC (amino acid chelated) minerals are exclusively used. Studies have shown that this chelation process increases mineral absorption up to 300%. Minerals need to attach amino acids for proper delivery to cells in the body.

-The active compounds and nutrients in RightFoods™ whole herb extracts are readily available for utilization because the compounds are released from the protective cell wall of the plant during the extraction process, enhancing their bioavailability up to 50 times.

All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.

All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.

Free of GMOs based on average analysis.

Tested Six Times For Potency And Purity.

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