

# MegaKids Microbiome™

Deliciously Smart Choice!

MegaKids Microbiome is the convenient, nutritious, and enjoyable way to make sure kids receive beneficial nutrients to help them feel their best. With support for healthy brains, eyes, and cognitive development, MegaKids Microbiome is the delicious addition to your kid's daily routine to support their Health and Happiness.\*



## Give Them What They Need, Every Day.

Kids need key nutrients to help them grow and thrive. From brain development to eye health, nearly all aspects of a child's Health and Happiness are dependent on the nutrients they get on a daily basis. The problem? Getting them those nutrients isn't always easy.

Many kids need more nutrients than they are getting from their diet alone if they're going to optimize performance and feel their best. But it's always been tough to find a solution that makes both kids and parents happy. Parents want to make sure their kids are getting key nutrients; kids want a supplement that's easy to take and tastes great.

Lucky for everyone, MegaKids Microbiome checks all those boxes—and more.

## How MegaKids Microbiome Works

Loved by kids and approved by parents, MegaKids Microbiome delivers nutrients kids need in every delicious serving. Not only does MegaKids Microbiome feature 1 gram of gut-healthy, beneficial prebiotic fiber (a must for a thriving gut microbiome), it also includes a brain-nurturing blend of ingredients to support healthy brain and cognitive development. This blend includes Vegetarian DHA (an omega-3 that's key to brain development), Lutein (an antioxidant that supports brain and eye health), and Choline (a much-needed nutrient for proper brain health). Combined, this formula helps address many nutrient gaps in today's kids.\*

With a delicious taste, no fishy aftertaste, and multiple cognitive benefits, MegaKids Microbiome is a daily supplement that parents and kids can both feel great about.\*

## MegaKids Microbiome's Primary Benefits

- Supports healthy brain and cognitive development\*
- 1 gram of gut-healthy prebiotic fiber per serving\*
- Convenient, nutritious, and enjoyable way to ensure your kid receives DHA on a daily basis
- Enriched with a unique blend of brain nurturing ingredients\*
- Nutrients to support growing, healthy kids\*
- No fishy taste!
- Supplements many nutrient gaps in kids' diets\*
- Provides Lutein, an important nutrient that helps support cognitive function in kids\*
- Dietary DHA intake is associated with cognitive function and behavior in young kids\*
- Good source of Choline\*

## MegaKids Microbiome's Advantage

- 1 gram gut-healthy prebiotic fiber per serving
- Includes DHA (Omega-3), Choline, and Lutein
- Provides 50 mg of sustainably sourced, Vegetarian DHA (long-chain Omega-3 fatty acid)
- Delicious Tropical Punch flavor
- Gluten Free, Vegetarian, and Non-GMO
- No artificial colors, flavors, sweeteners, or preservatives

## Who Should Use This Product?

MegaKids Microbiome is for children 2 years of age and older who may experience nutrient or dietary deficiencies. MegaKids Microbiome can help provide key nutrients to support brain and eye health for children in this age group.\*

## Did you know?

With 1 gram of gut-healthy prebiotic per serving, omega-3s, and other key nutrients for brain and eye health, MegaKids Microbiome is the perfect companion to XFactor Kids™, a kid's multivitamin and probiotic that offers even more nutritional support for kids.\*

## Frequently Asked Questions

### What is MegaKids Microbiome™?

MegaKids Microbiome is a delicious, kid- and parent-approved, multi-benefit supplement that helps to deliver prebiotic fiber, a key to a thriving gut microbiome, and a brain nurturing blend of ingredients: Vegetarian Docosahexaenoic Acid (DHA), Lutein, and Choline, supporting kids' optimized performance, promoting support for healthy brains and eyes!\*

### My kid already eats healthy, so why should they take MegaKids Microbiome?

Although you do your best to make sure your kid eats healthy foods, studies show many kids still experience nutrient gaps. As kids grow, you want to provide them with the tools to succeed, giving them the nutrients needed in their diet to grow happy and healthy. Also, a child's gut health is often overlooked. The inclusion of 1 gram of prebiotic fiber in MegaKids Microbiome will help support your kid's Health and Happiness. The key is to find simple, kid- and parent-approved ways to incorporate these nutrients into the day.\*

### Why were the brain nurturing trio ingredients chosen?

The inclusion of Vegetarian DHA, Choline, and Lutein help optimize kids' performance by supporting healthy brains and eyes. These nutrients are beneficial for growing, healthy kids. The trio of DHA, Choline, and Lutein are naturally present in breast milk, and confer benefits to kids from an early age, particularly in the area of healthy brain development. Continued supplementation will support kids as they continue to grow.\*

### How many packets should my kid take?

For kids 2 years of age and older, tear open stick and mix with 4 fl. oz. of water once or twice daily, or as directed by your pediatrician or health care practitioner. Powder can also be mixed with food or drink of choice.

### What should you mix MegaKids Microbiome with?

You have many options with MegaKids Microbiome! You are able to mix with 4 fl. oz. of water, lemonade, juice, or beverage of choice! You can also add to apple sauce, yogurt, or similar food.

### When is the best time to take MegaKids Microbiome?

MegaKids Microbiome can be taken at any time of the day.

### Can my kids take MegaKids Microbiome while taking medication?

Parents of kids taking medication should always consult with their kid's pediatrician or health care practitioner prior to taking supplements.

### What is the age recommendation?

MegaKids Microbiome is formulated for kids ages 2+ who are looking for a convenient, nutritious, and enjoyable way to support healthy brain and cognitive development.\*

### Can adults take MegaKids Microbiome?

While MegaKids Microbiome was formulated with kids in mind, it is safe for adults to take.

### Is MegaKids Microbiome Gluten Free, Vegetarian, and Non-GMO?

Yes, MegaKids Microbiome is Gluten Free, Vegetarian, and Non-GMO.

### Where does the milk allergen in MegaKids Microbiome come from?

One of the ingredients in the MegaKids Microbiome formula is Vegetarian DHA. When processing this particular DHA, casein is used. Casein is a derivative of milk which is low in sugars and lactose. It is only in the ingredient as a processing agent, but it still leaves a small amount of casein in the DHA, therefore requiring a dairy allergen on the label.

### Why are prebiotics important for children?

Prebiotics support your gut, which we all know at Plexus® is essential! Prebiotics are non-digestible food ingredients that have been linked to promoting the growth of beneficial microbes in your gut. The prebiotic source in MegaKids Microbiome is Guar Gum.\*

### What other Plexus products include the same prebiotic source as in MegaKids Microbiome?

MegaKids Microbiome includes 1 gram of Gut-Healthy Prebiotic Fiber per serving from Guar Gum. Guar Gum is also present in Plexus Slim® in Australia and Plexus Lean™.\*

### What product do you recommend to pair with MegaKids Microbiome?

A great pairing with MegaKids Microbiome for your growing, healthy kids is XFactor Kids™! Together, they deliver essential nutrition for today's kids in a convenient, nutritious, and enjoyable way!

<sup>1</sup> <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-creating-a-healthier-you>

## Ingredient Glossary

### Choline (as Choline Bitartrate):

Choline is an essential nitrogen containing nutrient needed for proper brain health and necessary for healthy cell membranes, commonly found in phospholipids. It's part of acetylcholine, a key chemical involved in the function of the brain and brain development, specifically in memory and learning functions. Our bodies produce some choline, but not enough to keep up with the body's needs, which is why we need to obtain more through our diet.\*

### Docosahexaenoic Acid (DHA) (from algae):

DHA is a very long chain omega-3 polyunsaturated fatty acid (VLCFA). DHA is a critical nutrient for brain development; the human brain by mass is approximately 60% lipid, due to the majority of the neural membranes and myelin white matter being composed of lipid. DHA is the most predominant omega-3 lipid in the brain, much more so than EPA or ALA, making it the most bioavailable omega-3 for brain health. This essential fatty acid is important to development, particularly the eyes and brain.\*

### Lutein (from *Tagetes erecta* or Marigold):

Lutein is an antioxidant that belongs to the carotenoid group, a class of fat-soluble yellow-orange pigments found in plants and some micro-organisms. Carotenoids are preferentially accumulated in nerve tissue and Lutein is the most abundant carotenoid in the nerve tissue of infants and young kids. Understanding of the role that lutein plays in cognitive development and the brain is still emerging, but it is thought to act as a neuroprotective agent and assists in neural communication. It's found in high amounts in leafy greens and orange-yellow vegetables. Lutein is important for maintaining eye health. Most of us don't consume enough Lutein in our diets.\*

### Prebiotic Fiber:

Prebiotics promote the growth of beneficial bacteria, both those that are already established in the colon, as well as those externally administered as probiotic bacteria. Prebiotics are food ingredients which are indigestible in the upper GI tract and reach the colon, selectively promoting the growth and/or activity of certain bacteria in the colon that confers health benefits upon the host and increased host well-being.\*

### Hydrolyzed Guar Gum:

Partially Hydrolyzed Guar Gum is a source of galactomannan fiber from cluster beans. It is an indigestible prebiotic fiber that has been shown to enhance the growth of helpful gut microbes *Bifidobacterium* and *Lactobacillus spp.*\*

## Other Ingredients

### Stevia (*Stevia rebaudiana*) Leaf Extract:

Stevia is a perennial herb native to South America that has been used for centuries as a traditional herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves, and is standardized to rebaudiosides, ensuring a clean sweet flavor that does not have the bitter off-notes associated with inferior stevia extracts. The extract is purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has zero-calories. Plexus® uses a pure, Non-GMO Stevia.

### Natural Flavors:

Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences or extracts.

### Citric Acid:

Citric acid can be found naturally in citrus fruits such as lemons and oranges. The Citric Acid found in MegaKids Microbiome™ is Non-GMO.

### Silicon Dioxide:

Silica is one of the most abundant minerals on earth. In MegaKids Microbiome, the form used is a food grade Silica that is ultra-pure and free of contaminants and helps powders mix more easily.

### Sodium Caseinate:

Sodium caseinate, the sodium salt of casein (a milk protein), is a multi-functional food additive, commonly used as an emulsifier, thickener, or stabilizer.

## Supplement Facts

Serving Size 1 Stick  
Servings Per Container 30

	Amount Per Serving	% DV for Children 1 through 3 Years of Age	% DV for Adults and Children 4 or more Years of Age
Calories	10		
Total Carbohydrate	2 g	1%**	1%‡
Dietary Fiber	1 g	7%**	4%‡
Total Sugars	less than 1 g	†	†
Includes less than 1 g Added Sugars		2%**	1%‡
Choline (as choline bitartrate)	82.5 mg	41%	15%
Guar gum	1,500 mg	†	†
DHA (docosahexaenoic acid) [from marine algae ( <i>Schizochytrium</i> sp.)]	50 mg	†	†
Lutein [from marigold ( <i>Tagetes erecta</i> )]	2.5 mg	†	†

\*\*Percent Daily Values are based on a 1,000 calorie diet.

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

†Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, silicon dioxide, and sodium caseinate (a milk derivative).

**Contains: Milk**