



Don't forget to take your vitamins!

I was intrigued by Hakuna Matata, a chewable multivitamin and natural fruit and veggie supplement. The great thing about these vitamins is that they are gluten-free, wheat-free, and egg-free, with no artificial colors or sweeteners. They also do not contain meat, yeast, starch, or preservatives.

And, check out the natural sources of all the vitamins and minerals: **FRUITS AND BERRIES:** strawberry, banana, raspberry, melon, pineapple, black currant, apricot, cherry, tangerine, kiwi, grape, apple, tomato, peach, papaya, guava, and mango. **VEGETABLES:** broccoli, carrot, spinach, beet greens, asparagus, onion, garlic, alfalfa, barley grass, artichoke, peas, and summer squash. **ALGAE:** spirulina blue-green algae, klmath blue-green algae, chlorella, kombu green algae, and cytoseira green algae. **Other ingredients:** Dextrose, orange juice flavored crystals, natural flavors, stearic acid, turmeric color, magnesium stearate, silica, citric acid, alfalfa juice and carmine color.

So what was our final analysis? We like them! They aren't bitter, and don't upset our tummies. I LOVE all the natural ingredients. I like to think that my family is eating healthy, but sometimes I worry that we aren't getting enough of the good stuff.