



## Nutrient Optimal Dosage

Too many kids' nutritional supplements are providing only a tiny dose of a nutrient when your child should be getting the appropriate amount for their age. It is not enough to have a long list of nutrients in the formula. A good quality nutritional supplement will provide the optimal dose of each ingredient. The chart below lists the dosages recommended for children aged 2 to 12 years or children under 100 lbs (45 kg). At 100 pounds or above, children can move to a multivitamin with minerals designed for adults.

| Nutrient   | Helps Support   | Optimal Dosage    |
|--|---|-------------------|
| <b>Vitamin A</b><br>Beta Carotene, Provitamin A                                    | Infection fighting, vision, immune function, respiratory health, blood sugar and insulin                | 1000 IU (600 mcg) |
| <b>Vitamin D3</b><br>in the form of cholecalciferol                                | Calcium absorption, builds strong bones and immune health, prevents colon cancer, reduces muscle cramps | 400 IU - 1000 IU  |
| <b>Vitamin E Natural d-alpha</b><br>in the form of tocopheryl succinate            | For heart health, blood sugar regulation, immune health   | 25 IU             |
| <b>Vitamin C</b><br>in the form of calcium ascorbate                               | Cardiovascular and immune health, antiviral, antibacterial, optimal blood sugar regulation              | 200 mg            |
| <b>Vitamin B1</b><br>in the form of thiamine                                       | Needed for energy production, essential for a healthy nervous system, heart, and brain                  | 5 mg              |
| <b>Vitamin B2</b><br>in the form of riboflavin                                     | Needed for healthy eyes, skin, hair, and nails  | 5 mg              |
| <b>Vitamin B3</b><br>as niacin   | Needed by the body to break down and use fats, carbohydrates, and proteins                              | 5 mg              |
| <b>Vitamin B6</b><br>in the form of pyridoxal hydrochloride                        | Immune and cardiovascular health, helps to produce red blood cells                                      | 5 mg              |
| <b>Vitamin B9</b><br>Folic Acid (Folate), 5-methylfolate (5-MTFH), or folinic acid | Prevents anemia, needed for digestion, serotonin, and cellular repair                                   | 100 mcg           |
| <b>Vitamin B12</b><br>in the form of methylcobalamin                               | Prevents anemia, supports mental health   | 15 mcg            |
| <b>Vitamin K2</b><br>in the form of MK-7 (menaquinone-7)                           | Healthy heart and bones   | 5 mcg             |
| <b>Vitamin B5</b><br>in the form of calcium D-pantothenate                         | Helps the body deal with stress. Supports skin, nerves, and adrenal glands                              | 10 mg             |
| <b>Calcium</b><br>in the form of citrate   | Healthy bones, nervous system, and energy   | 130 mg            |
| <b>Biotin</b>  | Involved in tissue formation, involved in fat production  | 10 mcg            |
| <b>Iron</b><br>Micronized iron pyrophosphate                                       | Prevents and treats iron deficiency anemia. Brain and emotional development.                            | 5 mg              |
| <b>Magnesium</b><br>in the form of bisglycinate                                    | Aids muscle function, nervous system, sleep, bone loss, blood sugar control                             | 65 mg             |
| <b>Inositol</b>  | Helps protect against free radical damage   | 5 mg              |
| <b>Zinc</b><br>in the form of citrate  | Prevents colds and flu, reduces acne, for a strong immune system  | 3 mg              |