



## 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> Beta Carotene, Provitamin A	Infection fighting, vision, immune function, respiratory health, blood sugar and insulin	1000 IU (600 mcg)
<b>Vitamin D3</b> 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> in the form of tocopheryl succinate	For heart health, blood sugar regulation, immune health	25 IU
<b>Vitamin C</b> in the form of calcium ascorbate	Cardiovascular and immune health, antiviral, antibacterial, optimal blood sugar regulation	200 mg
<b>Vitamin B1</b> in the form of thiamine	Needed for energy production, essential for a healthy nervous system, heart, and brain	5 mg
<b>Vitamin B2</b> in the form of riboflavin	Needed for healthy eyes, skin, hair, and nails	5 mg
<b>Vitamin B3</b> as niacin	Needed by the body to break down and use fats, carbohydrates, and proteins	5 mg
<b>Vitamin B6</b> in the form of pyridoxal hydrochloride	Immune and cardiovascular health, helps to produce red blood cells	5 mg
<b>Vitamin B9</b> 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> in the form of methylcobalamin	Prevents anemia, supports mental health	15 mcg
<b>Vitamin K2</b> in the form of MK-7 (menaquinone-7)	Healthy heart and bones	5 mcg
<b>Vitamin B5</b> in the form of calcium D-pantothenate	Helps the body deal with stress. Supports skin, nerves, and adrenal glands	10 mg
<b>Calcium</b> 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> in the form of iron (III) pyrophosphate	Prevents and treats iron deficiency anemia. Brain and emotional development.	5 mg
<b>Magnesium</b> 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> in the form of citrate	Prevents colds and flu, reduces acne, for a strong immune system	3 mg