DESCRIPTION
Vita-Kids™ provided by Douglas Laboratories® is a great tasting, chewable multiple vitamin-mineral-trace element supplement designed for children ages four and up. The unique teddy bear shaped Vita-Kids™ chewable tablets provide 27 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts.
Vita-Kids™ is more than just another children’s multivitamin-mineral supplement. Research shows that above RDA amounts of many vitamins may have significant positive effects on the structure and function of growing bodies. Compared to major brands of children’s chewable multivitamins, the convenient chewable tablets of Vita-Kids™ provide several times the levels of the important antioxidant vitamins C and E. Vita-Kids™ also delivers significantly more than the levels of most B-vitamins of brand-name vitamins, and provides easily absorbable calcium and magnesium, as well as a full spectrum of bioavailable trace elements. In fact, Vita-Kids™ is one of the most complete children’s chewable multivitamin/mineral formulas on the market. In contrast to typical children’s vitamins, vitamin D is intentionally kept low, because it can be potentially toxic in high amounts, and regular diets already provide generous amounts of vitamin D. Vita-Kids™ uses only the purest, most hypoallergenic ingredients and contains no artificial colours, flavours or preservatives.

FUNCTIONS
Studies show that a high percentage of children in North America and other developed countries eat less than the minimum daily allowance of many essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for satisfying the special nutritional demands of growth and development during childhood. Vita-Kids™ has been carefully designed and formulated to contain the right proportions of vitamins, minerals, and trace elements without danger of toxic build-up and without side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, taste, allergenic potential, and long-term safety.

INDICATIONS
Vita-Kids™ is ideal for children that are at risk for vitamin, mineral and trace element deficiencies due to sub-optimal dietary intake, and life style.

FORMULA (#201159)
Each Tablet Contains:

| Vitamin A (all-trans retinyl palmitate) | 508 IU |
| Beta carotene (all-trans-beta carotene) | 1243 IU |
| Vitamin C (Corn Free) | 125 mg |
| Vitamin D-3 | 100 IU |
| Vitamin E | 15 IU |

(as a d-alpha tocopheryl Succinate and mixed tocopherols including alpha, beta, delta and gamma tocopherols)

- Thiamine | 1.5 mg |
- Riboflavin | 0.85 mg |
- Niacinamide | 7.5 mg |
- niacin | 2.5 mg |
- Vitamin B-6 | 1 mg |
- Folic Acid | 200 mcg |
- Vitamin B-12 | 3 mcg |
- Biotin | 150 mcg |
- Pantothenic Acid | 6 mg |
- Calcium (Citrate/Ascorbate Complex) | 50 mg |
- Iodine (Kelp) | 7.5 mcg |
- Magnesium (Aspartate/Ascorbate Complex) | 20 mg |
- Zinc (from Zinc Gluconate) | 1 mg |
- Copper (cupric gluconate) | 100 mcg |
- Choline (choline bitartrate) | 20 mg |

(continued on reverse)
NON-MEDICINALS

D-fructose, ascorbyl palmitate, cellulose, sorbitol, citric acid and natural grape flavours and silica.

SUGGESTED USE

(1 to 8 years): Take 1 tablet or as directed by a health care practitioner. Adolescents (9 to 18 years): Take 1 tablet twice daily or as directed by a health care practitioner. Take with food. Take a few hours before or after taking other medications.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out to reach of children.

References


Pennington JA. Intakes of minerals from diets and foods: is there a need for concern? J Nutr 1996;126:2304S-2308S.
