



# Prater Chiropractic Wellness Center

903 W. South St. Kalamazoo, MI 49007 PH: (269) 343-5021

## Children's Vitamins

Children's vitamins are necessary for the children's overall health! They provide extra nutrition over and above a child's diet and contain smaller doses of the necessary nutrients than do adult vitamins.

### How to choose the best Vitamin for your Child?

There is a lot to know when choosing the best children's vitamins. Without reading the labels AND knowing what to look for, you may be giving your children vitamins and minerals that are mostly synthetic and contain artificial sweeteners, colors, and flavors.

Here are 3 of the most popular chewable children's vitamins:

- **Flintstones Complete Chewable**

These vitamins contain not only sugars called sucrose, xylitol and sorbitol, but for some reason they also add aspartame (NutraSweet). Note the warning on the label: **PHENYLKETONURICS: CONTAINS PHENYLALANINE**. This warning on any product is further confirmation beyond the ingredient list that the product contains aspartame, a well known neurotoxin...that means it's really bad for you!

Flintstones Complete children's vitamins also contain artificial flavors, colors and hydrogenated soy oil. No reason to have any of the above in a children's vitamin. This product does not use common names for the nutrients to be able to tell if they are synthetic or natural. Figure they are synthetic if they do not bother to differentiate the ingredients.

- **Gummy Bears, also called Gummy Vites**

Odd sugar ingredients in this children's vitamins as it contains glucose syrup and sucrose. The ingredients also list the Vitamin E as dl-alpha tocopherol; the "l" in "dl" means the Vitamin E is synthetic and studies show synthetic is not as absorbable and natural.

- **Centrum Kids Complete**

These children's vitamins follow approximately the same ingredient profile as the Flintstones children's vitamins. Containing sugars called sucrose, lactose (milk sugar) and dried corn syrup, they also add aspartame (NutraSweet). Artificial flavors and colors abound as does the synthetic Vitamin E and it has a much longer label to list all the chemistry in it that you don't want your children to have.



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## So, what to do about children's vitamins?

How about a more natural approach with higher quality raw materials and NO artificial colors, flavors or sweeteners?

Metagenics, Inc. has 4 better options for children's chewable vitamins:

- **Multigenics Chewable Orange Flavor** - 90 Chewables - \$ 20.50

- A high quality multiple vitamin and mineral supplement with excellent nutrient bioavailability designed especially for children or for those adults who prefer a chewable tablet.
- Provides an essential, comprehensive foundation for optimal health in a delicious chewable form.
- Delivers highly absorbable amino acid chelates, ratio-balanced B vitamins, and broad-spectrum antioxidant protection.
- Contains Caro-xan™, a proprietary blend of beta-carotene and Betatene® mixed carotenoids for balanced antioxidant protection.
- *Children 2 to 4 years: Take one tablet daily. Children 4 to 7 years: Take one tablet one to two times daily. Children over 7 and adults: Take one tablet three times daily or as directed by your healthcare practitioner.*



- **Ultra Potent C Chewable Orange** - 90 Chewables - \$ 21.25

- Provides the vitamin C equivalent of 4 oranges.
- Great **Orange Blast** flavor—kid-tested and approved!
- Terrific for kids or adults who would rather not swallow tablets/capsules.
- Contains the natural sweetener, xylitol, known to prevent tooth decay.
- *Children 2 to 7 years: One tablet daily. Children over 7 and adults: One tablet one to two times daily or as recommended by your healthcare practitioner.*





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- **Juicy Fruit C - Fruit Flavor Chewable** - 60 Chewables - \$ 14.95

- Supplies 500 mg of vitamin C plus complementary citrus bioflavonoids.
- Provides antioxidant protection and immune system support.
- Supports the production of collagen, a protein that forms the basis of connective tissue.
- Perfect choice for children or individuals who do not like to swallow tablets, but still want a high quality vitamin C.
- *Chew one tablet daily or as directed by your healthcare practitioner.*



- **Cal Appetite Chewable Chocolate** - 90 Chewables - \$ 20.50

- A bone support formula featuring bone-nourishing nutrients including magnesium, zinc, copper, manganese, and vitamin D.
- Provides mineral amino acid chelates designed for enhanced absorption and intestinal tolerance.
- Perfect choice for individuals who do not like to swallow tablets and capsules.
- *Children age 2 to adults take three tablets daily or as directed by your healthcare practitioner.*



***Please visit our office or view our website at  
PraterWellness.com to purchase the Metagenics  
supplements***