

8. Children's Health and Development

Multigenics Chewable



Multigenics Chewable is 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.

Benefits Include

- Provides an essential, comprehensive foundation for optimal health in a delicious chewable form.*
- Delivers amino acid chelates designed to be highly absorbable, 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.*

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 90

	Amount Per Serving	% Daily Value for children under 4 years of age	% Daily Value for adults and children 4 or more years of age
Calories	5		
Total Carbohydrate	1 g		
Sugars	0.5 g		
Sugar alcohols	0.5 g		
Vitamin A [50% (1,250 IU) as retinyl acetate and 50% (1,250 IU) as beta carotene and mixed carotenoids]	2,500 IU	100%	50%
Vitamin C (as magnesium ascorbate and ascorbic acid)	100 mg	250%	167%
Vitamin D (as cholecalciferol)	100 IU	25%	25%
Vitamin E (as d-alpha tocopheryl succinate)	20 IU	200%	67%
Thiamin (as thiamin mononitrate)	1.4 mg	200%	93%
Riboflavin	1.6 mg	200%	94%
Niacin (as niacinamide)	20 mg	222%	100%
Vitamin B6 (as pyridoxine HCl)	1.4 mg	200%	70%
Folate (as folic acid)	300 mcg	150%	75%
Vitamin B12 (as cyanocobalamin)	6 mcg	200%	100%
Biotin	38 mcg	25%	13%
Pantothenic Acid (as D-calcium pantothenate)	10 mg	200%	100%
Calcium (as calcium citrate malate)	15 mg	2%	2%
Iron (as iron glycinate)	2 mg	20%	11%
Iodine (as potassium iodide)	70 mcg	100%	47%
Magnesium (as magnesium citrate and magnesium ascorbate)	15 mg	8%	4%
Zinc (as zinc gluconate)	2 mg	25%	13%
Copper (as copper lysinate)	100 mcg	10%	5%
Manganese (as manganese aspartate)	200 mcg	*	10%
Quercetin	2 mg	*	*
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin and lutein)	748.5 mcg	*	*

- *Daily value not established.

- *Other Ingredients: Fructose, xylitol, sorbitol, stearic acid (vegetable), natural flavors, silica, guar gum, malic acid, citric acid*
- *Contains: soy*

Directions: 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.

OmegaGenics DHA Children's



Metagenics OmegaGenics DHA Children's features health-promoting, sustainably sourced omega-3 essential fatty acids to meet the needs of growing bodies. Metagenics OmegaGenics DHA Children's is produced in Norway and features health-promoting, sustainably sourced omega-3 essential fatty acids that are ratio balanced to help support eye and brain health. Metagenics OmegaGenics DHA Children's formula is manufactured utilizing a proprietary system to guard against harmful levels of potential contaminants and impurities, resulting in a high quality, great-tasting product. Advantages of Metagenics OmegaGenics DHA Children's premium formula include:

- Supports healthy brain development.
- Supports eye health. Ocean-friendly, sustainable source of omega-3s.
- Produced in a Norwegian pharmaceutical-licensed facility.
- Tested for contaminants by a leading third-party lab.
- Stabilized with natural antioxidants to maintain freshness

Supplement Facts

Serving Size: 2 Chewable softgels

Servings per Container: 60

	Amount Per Serving	% Daily Value
Calamari Oil Concentrate	280 mg	*
DHA (Docosahexaenoic acid)	100 mg	*
EPA (Eicosapentaenoic acid)	20 mg	*

*Daily value not established.

Other Ingredients: Calamari oil concentrate, geltain, glycerin, purified water, xylitol, natural flavor, and mixed tocopherols

Directions: Swallow or chew two softgels once daily or as directed by your healthcare practitioner.

Ultracare for kids



ULTRACARE FOR KIDS -VANILLA

Metagenics Ultracare for Kids medical food is specifically formulated for children with atopic disorders such as eczema, rhinitis, and allergy-responsive asthma.

- Features low-allergy-potential rice protein for children with dairy, egg, gluten, corn protein, or soy protein sensitivities.
- Provides non-dairy calcium—250 mg per serving.
- When combined with the accompanying diet plan, provides high quality nutrition for children with food sensitivities.
- Comes with a detailed Parent Guide explaining product use, a suggested food and snack list with sample menus for elimination diet programs, and a diary for recording diet and symptoms.
- Available in delicious Vanilla flavor

Supplement Facts

Serving Size: About 1 Scoop (30 g)

Servings per Container: 21

	Amount Per Serving	% Daily Value for Children Under 4 Years of Age	% Daily Value for Adults & Children 4 or More Years of Age
Calories	120		
Fat	2.5 g		
Saturated Fat	0.5 g		
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		
Sodium	70 mg		
Potassium	350 mg		
Carbohydrate	17 g		
Dietary Fiber	2 g		
Sugars	10 g		
Protein	8 g		
Vitamin A (retinyl palmitate)	275 IU	11%	6%
Vitamin A (beta-carotene)	200 IU	8%	4%
Vitamin C	10 mg	25%	17%
Calcium	250 mg	31%	25%
Iron	0.5 mg	5%	3%
Vitamin D	25 IU	6%	6%
Vitamin E	5 IU	50%	16%
Thiamin	0.15 mg	21%	10%
Riboflavin	0.17 mg	21%	10%
Niacin	2.5 mg	28%	13%
Vitamin B6	0.1 mg	14%	5%
Folate (as folic acid)	25 mcg	13%	6%

Vitamin B12	0.5 mcg	17%	8%
Biotin	6 mcg	4%	2%
Pantothenic Acid	0.5 mg	10%	5%
Phosphorous	250 mg	30%	25%
Iodine	15 mcg	21%	10%
Magnesium	20 mg	10%	5%
Zinc	2 mg	25%	13%
Copper	150 mcg	15%	7%
Manganese	0.5 mg	*	25%
Chromium	5 mcg	*	4%
Chloride	90 mg	*	*
L-Threonine	6 mg	*	*
L-Lysine	6 mg	*	*
Inositol	18 mg	*	*
Choline	10 mg	*	*
Fructooligosaccharides	500 mg	*	*

*Daily value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Rice protein concentrate, fructose, rice syrup solids, olive oil, natural flavors, dicalcium phosphate, potassium citrate, xanthan gum, potassium bicarbonate, guar gum, potassium chloride, silica, sodium chloride, magnesium oxide, choline bitartrate, zinc gluconate, ascorbic acid, d-alpha tocopheryl acetate, L-lysine HCl, niacinamide, D-calcium pantothenate, thiamin HCl, pyridoxine HCl, beta-carotene, retinyl palmitate, chromium polynicotinate, folic acid, potassium iodide, cholecalciferol, cyanocobalamin

Directions: Blend, shake, or briskly stir about one scoop (30 g) of Ultracare for Kids into 8 to 10 ounces of pure, distilled, or filtered water until powder is completely dissolved. If advised by your healthcare practitioner, use diluted fruit or vegetable juices according to the directions in the Parent Guide. Store canister in a cool, dry place.