

CHOOSING A VITAMIN SUPPLEMENT

Not all vitamins are created equal. When choosing a vitamin, avoid:

- Hydrogenated vegetable oil
- Artificial dyes (Blue No. 2, Red No. 40, Yellow No. 6)
- High fructose corn syrup
- Artificial flavors
- Artificial sweeteners such as aspartame
- Preservatives such as butylated hydroxytoluene

Recommended sources:

Chewable Multi-vitamins:

- **L'il Critters** has a nice line of gummy vitamins, including Calcium, Vitamin D and omega-3 supplements:
<http://www.gummybearvitamins.com>
- **Juice Plus gummies**- from all natural fruit and vegetable extracts
<https://www.juiceplus.com>
Karen Belardinelli, distributor, luluandbean@snet.net or 203.438.0710/203.543.1232

Teen vitamin with iron, calcium, and vitamin D:

- <http://www.rainbowlight.com>

Vitamin D supplements:

- Carlson Vitamin D drops- 400 IU/dropper
- Enfamil D Vi Sol- 400 IU/1 ml dropper

Chewable multivitamin with IRON

- <http://flintstonesvitamins.com/complete/index.html#ingredients>
- [Animal Parade Nature's Plus](#) (vegan, gluten free)
- **NovaFerrum pediatric orange chewables**- 18 mg elemental iron per tablet
- **Renzo's dissolvable tablets** (vegan)- 9 mg carbonyl iron per tablet
- [Vitamin Friends Gummy Iron](#)

Liquid iron supplement

- Ferretts IPS (strawberry flavor)- 40 mg/15 ml
- NovaFerrum (grape raspberry)- infants 10 mg/ml, childrens 15 mg/ml
- Fer-in-sol drops- 15 mg/ml iron
- Poly-vi-sol- 10 mg/ml iron, plus multi-vitamins including 400 IU vitamin D

Powdered Pediatric Multi-Vitamin

- <http://store.metabolicmaintenance.com/ProductInfo.aspx?productid=HPEDMVPWDR>

Omega 3 supplements

- **Nordic Naturals** makes a kids' chewable gel-cap with a pleasing fruit taste as well as formulas for juniors and women (www.nordicnaturals.com)
- **N3 Oceanic** (<http://www.n3inc.com/blog/category/childrens-health/>) makes a liquid supplement for kids.
- **Trader Joes** Sea Gummies

Calcium supplements:

Type/Brand Name	Elemental Calcium (mg)
Tums/Tums EX	200 or 300
Tums Ultra/Tums 500	400 or 500
Caltrate 600	600
Caltrate 600+D	600mg/400 IU Vit D
Os-Cal 500	500
Os-Cal D	500mg/200 IU Vit D
Viactiv	500mg/100 IU Vit D
OneADay Women's	450mg/400 IU Vit D