



# Vita-Kids™



## Children's Chewable Multi-Vitamin & Mineral

### 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 28 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. Vita-Kids™ provide important antioxidant vitamins C and E, a complete vitamin B complex, 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. This new improved formulation now features a natural lemon lime flavor and includes higher amounts of vitamin D and added choline, as research indicates both of these nutrients are important for children's overall health and wellbeing.

Vita-Kids uses only the purest, most hypoallergenic ingredients and contains no artificial colors, flavors 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. Additional vitamin D has been added to this formula, as new research indicates that both children and adults may not receive enough of this nutrient due to reduced sun exposure and limited dietary sources. Vitamin D plays many roles in the body and vital for supporting strong healthy bones. Choline, a nutrient related to B vitamins, is important for optimal neurological and liver health and is especially needed for children's healthy, growing bodies.

### 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 (#99788)

#### Two Tablets Contain:

Calories.....	8.5
Total Carbohydrate.....	2.3 g
Sugars.....	1.9 g
Vitamin A.....	3500 I.U.
(29% as Vitamin A/71% Natural Beta Carotene	
Vitamin C (Corn Free).....	250 mg
Vitamin D-3.....	200 I.U.
Vitamin E.....	30 I.U.
(as a d-alpha tocopheryl succinate and mixed	
tocopherols including alpha, beta, delta and	
gamma tocopherols)	
Thiamine.....	3 mg
Riboflavin.....	1.7 mg
Niacinamide/Niacin.....	25 mg
Vitamin B-6.....	2 mg
Folic Acid.....	400 mcg
Vitamin B-12.....	6 mcg
Biotin.....	300 mcg
Pantothenic Acid.....	12 mg
Calcium (Citrate/Ascorbate Complex).....	100 mg
Iodine (Kelp).....	15 mcg
Magnesium (Aspartate/Ascorbate Complex).....	40 mg
Zinc (from Zinc Aspartate).....	2 mg
Selenium (Amino Acid Chelate).....	20 mcg

(continued on reverse)

Copper (Amino Acid Chelate).....	0.2	mg
Manganese (Amino Acid Chelate) .....	2	mg
Chromium GTF (Polynicotinate).....	40	mcg
Molybdenum (Amino Acid Chealte) .....	5	mcg
Potassium (Aspartate Complex) .....	10	mg
Citrus Bioflavonoids.....	10	mg
Boron (Citrate Complex) .....	20	mcg
Vanadium (from vanadium krebs).....	3	mcg
Choline(as choline bitartrate) .....	40	mg

Other ingredients: Fructose, ascorbyl palmitate, cellulose, sorbitol, citric acid and natural lemon/lime flavor.

## SUGGESTED USE

Children take 1 to 2 tablets daily with meals or as directed by healthcare professional.

## 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

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**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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