



CHILDREN'S MULTI- VITAMINS



We often get asked about the best multivitamin for children of various ages. It's a difficult question to answer because it's similar to asking 'what is the best food for my child'. There are many different forms and formulations, and we must take into account the child's age, needs and taste preference.

It's also important to note that the dosages in most multivitamins are minute in comparison to the micronutrients your child will get from eating an organic, whole foods, nutrient-dense diet. However, children do go through different phases of eating styles and parents often want a multivitamin for "safe assurance".

If there are no known vitamin/mineral deficiencies and your child consumes a varied diet already, below are several options to consider. These suggestions provide better quality and more readily absorbable formulations compared to generic store-bought brands:

Capsule/Tablet

Pure Encapsulations Junior
Nutrients (capsule)

Metabolic Maintenance Little
One (ages 6-12 / capsule).

MegaFood Kids One Daily
(ages 5+ / tablet).

Dissolvable/Powder

Garden of Life Kids Organic
Multivitamin Powder

Metabolic Maintenance
Pediatric Custom Multi-
Vitamin Base Powder

Liquid

Mary Ruth's Infant
Multivitamin (6-12 months)

Mary Ruth's Liquid Morning
Multivitamin

Chewable/Gummy

Brain MD Kids NeuroVite
(chewable)

SmartyPants Organic Kids
Complete (gummy)

Chewable Seeking Health
Kid's Multivitamin



When is a Multi-Vitamin Not Recommended?

- If your child is low in a particular micronutrient (i.e. vitamin or mineral), then supplementing with a single nutrient with higher doses for a shorter period of time may be warranted to correct any insufficiencies or deficiencies.
- If there are any food groups that your child does not eat or refuses to eat, it may be better to supplement with what may be lacking. For example:
 - If they don't consume animal proteins, a protein supplement and/or methylated B complex vitamin may be helpful
 - If they don't consume vegetables, a greens powder supplement rich in polyphenols may be helpful
 - If they don't consume healthy fats & oily fish, an omega-3 supplement may be helpful

Hopefully this is a helpful start for your search. If you need more help choosing the right supplement for your child, please post your question in the community forum.