



# Healthy Kids

## Children’s Chewable Multi-Vitamin & Mineral

### DESCRIPTION

Healthy Kids, available from Medical Wellness Associates, is a great tasting, chewable multiple vitamin-mineral-trace element supplement designed for children ages four and up. The unique teddy bear shaped chewable tablets provide 28 vitamins, minerals and trace elements in bio-available forms and nutritionally meaningful amounts. Healthy Kids is more than just another children’s multivitamin-mineral supplement. Research shows that going beyond RDA amounts of many vitamins may have significant positive effects on the structure and function of growing bodies. Ultra Preventive 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 bio-available trace elements. In fact, Healthy Kids is one of the most complete children’s chewable multivitamin/mineral formulas on the market. This new improved formulation now features a natural grape flavor, naturally sweetened with purified stevia and xylitol, and higher amounts of vitamin D and added choline, as research indicates both of these nutrients are important for children’s overall health and wellbeing. Healthy 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. Healthy 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 is 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

Healthy 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 (#201035-grape)

#### Two Tablets Contain:

Calories .....	5
Total Carbohydrate .....	2 g
Sugars.....	2 g
Vitamin A.....	3500 I.U.
(29% as Vitamin A/71% Natural Beta Carotene	
Vitamin C (Corn Free) .....	250 mg
Vitamin D-3 .....	400 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) .....	125 mg
Iodine (Kelp).....	15 mcg
Magnesium (Aspartate/Ascorbate Complex).....	40 mg
Zinc (from Zinc Aspartate) .....	2 mg

*(continue on reverse)*

Selenium (Amino Acid Chelate).....20 mcg  
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: Xylitol, cellulose, ascorbyl palmitate,  
natural grape flavor, purified stevia extract, vegetable  
stearate, silica.

## **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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