

# MULTIS FOR MUNCHKINS!

As children grow, it's important for them to get enough vitamins and minerals to ensure optimal health. Given the reality of time-crunched parents, those three well-rounded, home-cooked meals and cut up fruits and veggies for snack aren't always possible. Hence, many pediatricians recommend a daily multivitamin supplement so youngsters can get their daily nutritional needs securely met.

Do kids have different nutrient needs than adults?

Kids need the same nutrients as adults, but usually require smaller amounts. As children grow, it's vital for them to get adequate amounts of nutrients that help build strong bones, such as Calcium and vitamin D. Moreover, Iron, Zinc, Iodine, Choline, and Vitamins A, B6, Folate, B12, and Vitamin D are crucial for brain development in early life. Thus, although kids may need smaller amounts of vitamins and minerals compared to adults, they still need to get enough of these nutrients for proper growth and development.

Why should children supplement with a multivitamin?

Incorporating fruits, vegetables, whole grains, lean proteins, healthy fats, and dairy products (if tolerated) into meals and snacks will definitely help provide children with plentiful vitamins and minerals. However, these days, with the American diet all too common, more and more children are failing to get adequate nutrition from their daily diet alone.

## A simple solution:

Zahler's **Junior Multi** is a children's multivitamin chock full of critical vitamins and minerals, recommended by today's leading researchers, to fill in the gaps of the most prevalent nutritional deficiencies. Because nutritional deficits that occur during a child's formative years have both immediate and lifelong consequences, Junior Multi contains the right combination of 23 essential nutrients in a delicious-tasting, all natural cherry-flavored tablet. It gives growing children the nutritional boost they need to help maintain a healthy mind and body.



## Top Six Vitamins and Minerals for Kids

- **Vitamin A** promotes normal growth and development, tissue and bone repair, healthy skin and eyes, and immune responses. Good sources include milk, cheese, eggs and yellow-to-orange vegetables like carrots and yams.
- **B Vitamins.** The family of B vitamins aid metabolism, energy production, and healthy circulatory and nervous systems. Good sources include meat, chicken, fish, nuts, eggs, milk, cheese, beans and soybeans.
- **Vitamin C** promotes healthy muscles, connective tissue, and skin. Good sources include citrus fruits, strawberries, kiwi, tomatoes and green vegetables like broccoli.
- **Vitamin D** promotes bone and tooth formation and helps the body absorb calcium. Good food sources include milk and fatty fish like salmon and mackerel. The best source of vitamin D is sunlight.
- **Calcium** helps build strong bones as a child grows. Good sources include milk, cheese, yogurt, tofu and calcium-fortified orange juice.
- **Iron** builds muscle and is essential for healthy red blood cells. Iron deficiency is a risk in adolescence, especially for girls once they mature. Good sources include beef and other red meats, turkey, spinach, beans and prunes.



Advanced science in each and every bottle



Using only the purest natural ingredients



Manufactured to the highest standards

**Ask Zahler®**  
877.ASK.ZAHLER  
ask@zahlers.com  
zahlers.com