

Supplements for Children

US-based paediatrician **Dr Christine Wood**, who was featured in Mind Your Body last month, believes in nutritional supplements for children.

Author of the book *How to Get Your Kids to Eat Great And Love It*, Dr Wood wrote, "Nutritional supplementation with vitamins and minerals should be used in addition to offering a healthy diet. A balance of vitamins and minerals is important, as correcting a deficiency of only one vitamin can cause a deficiency in other areas."

She recommends care in choosing a supplement. "A company that follows Good Manufacturing Practice (GMP) and pharmaceutical guidelines is ideal." And she favours supplements for children

that are formulated without sugar or artificial sweeteners.

Dr Wood notes in particular, nutritional products from USANA Health Sciences, Coromega and Martek BioSciences. "These companies, through my personal research, follow high standards for quality control of their products and screen raw ingredients for contamination."



Protecting Your Child with The Best



适合儿童的营养补充品

联合晚报最近对在美国执业的儿科医生 **Dr Christine Wood** 进行了采访报道，并且针对儿童营养发表了一系列的文章。Dr Wood 认为儿童需要服用营养补充品。

Dr Wood 也是《How to Get Your Kids to Eat Great and Love It》一书的作者，她在书中写道：“富含维他命和矿物质的营养补充品可作为健康饮食的补充。均衡摄取维他命和矿物质非常重要，因为只补充某一种体内缺乏的维生素，会导致其他营养元素的缺乏。”

她建议要谨慎选择营养补充品。“最好选择那些遵守良好的生产条例和药品指导原则的公司。”她认为配方里不含糖分或人工甜剂的营养补充品是比较理想的。

Dr Wood 特别留意到 USANA Health Sciences, Coromega and Market BioSciences 所生产的营养产品：“经过我个人的调查，这些公司采用较高的标准控制产品品质，并对原材料进行严格的检验以防止污染。”



给孩子最好的保护



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