

## Does your children's vitamin provide complete antioxidant protection?†

Product	Tablets Per Day	Vitamin C (mg/day)	Vitamin E (IU/day)	Selenium (mcg/day)	Phyto-Nutrient Complex (mg/day)	Artificial Flavors, Colors, and Sweeteners
<b>Usanimals™ -USANA</b>	<b>2</b>	<b>250</b>	<b>100*</b>	<b>30</b>	<b>80</b>	<b>No</b>
Vita-Bears™† Kid's Chewable Multivitamin -Melaleuca	2	40	15*	0	NS	No
Herbalife Kids Multivites -Herbalife	2	60	30	0	NS	No
Kangavites® Multivitamin & Mineral Chewable Tablets -Solgar	2	120	30*	5	20	No
GNC Kid's Multibite™ plus minerals Multivitamin -GNC	2	90	30	0	6	No
Centrum Kids® Complete SpongeBob SquarePants™ -Wyeth	1	60	30	0	NS	Yes
Flintstones® Vitamins Complete -Bayer	1	60	30	0	NS	Yes

Vitamin doses for kids 4 years and above. Label data obtained from product Web site October 2007.

\*Formulated with 100% natural source vitamin E for maximum bioavailability and antioxidant activity. NS—Amount not specified or no ingredient listed.

† Each trademark is the property of their respective owners.



**“When it comes to children's supplements, I recommend Usanimals™, USANA's chewable 'Essentials' for kids. This product provides the advanced levels of the essential vitamins, minerals, and antioxidants that all children need for a healthy start in life. Lyle MacWilliam's detailed comparison of over 160 children's nutritionals\*\*, gives Usanimals the highest rating for formula completeness, balance, potency, and safety. The antioxidant complex in Usanimals is particularly strong (see vitamin C, vitamin E, selenium, and phytonutrient complex information above). And importantly, I love the fact that by using ingredients like honey, xylitol, and berry powders, USANA provides a children's supplement that is free of artificial sweeteners, colors, and flavors.”**

- Christine Wood, M.D.

Practicing Pediatrician in Encinitas, CA

Author of *How to Get Kids to Eat Great and Love It!* and [www.kidseatgreat.com](http://www.kidseatgreat.com)

\*\* For a comprehensive review of over 160 children's supplements, see Lyle MacWilliam's *Comparative Guide to Children's Nutritionals*, 2nd Edition. Northern Dimensions Publishing, Vernon, British Columbia. 58 pp. [www.northerndimensions.com](http://www.northerndimensions.com).

† 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.