

Bring to your pediatrician: Kids Daily Multivitamin (iron-free)

Child name: _____ Age: _____ Weight: _____ Date: _____

Parent note: I am considering the product(s) below and would like your advice before using them. They are candidate products, not yet for sale.

Kids Daily Multivitamin (iron-free) (evidence grade C)

Ages per label: Children 4 years and older (per label). **Label dose:** 1 chewable tablet daily with food.

Ingredients: Vitamins A, C, D3 (600 IU), E, K, B1, B2, B3, B6, folate, B12, biotin, pantothenic acid, iodine, zinc, selenium at or below 100% of the Daily Value for children 4+. No iron.

Claim: Helps fill common nutrient gaps to support normal growth.*

Evidence summary: Most children who eat a varied diet meet their needs from food; a multivitamin is a backup, not a substitute. The 600 IU of vitamin D matches the NIH recommended amount from age 1 [1]. It is iron-free because accidental iron overdose is a leading cause of fatal poisoning in children under 6 [2]; the AAP recommends checking iron status with your pediatrician instead [3].

Cautions and interactions: Looks and tastes pleasant: it is not candy. Store out of reach. Do not combine with other vitamin D or multivitamin products without asking your pediatrician. Keep out of reach of children. Store closed, away from heat. Do not exceed the label dose. Tell your pediatrician about every supplement and medicine your child takes.

Questions to ask

- Based on my child's diet, is a multivitamin useful?
- Should my child's iron be checked?
- Does my child need this, given their diet and growth?
- Is the label dose right for my child's age and weight?
- Could it interact with any medicine or condition my child has?

Sources: [1] NIH ODS, Vitamin D fact sheet, ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/; [2] 21 CFR 101.17, iron warning statement, www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101/subpart-A/section-101.17; [3] Baker et al. 2010, Pediatrics (AAP), doi.org/10.1542/peds.2010-2576

Pediatrician notes

*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. Education only, not medical advice.

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