

[Center for Integrative Medicine](#)

Dietary Supplements: Multivitamin/mineral

Locally grown, fresh, organic foods are the best sources of vitamins and minerals. Although Americans have access to fresh foods year round, studies show that most of us do not consume the Recommended Daily Allowances of ALL of our essential micronutrients (such as vitamins and minerals) daily. This is why I recommend supplements for nearly all my patients.

Certain medications can also increase the need for vitamins and minerals. Medications that may increase nutrient needs include: antacids (e.g., cimetidine, ranitidine, nizatidine and famotidine) and proton pump inhibitors (e.g., esomeprazole, lansoprazole, pantoprazole); chronic antibiotic use; aspirin in large, chronic doses and non-steroidal anti-inflammatory medications; barbiturates, diuretics, contraceptive pills, certain chemotherapy drugs for cancer; chloramphenicol; cholestyramine; colestipol; cycloserine; many medications used to treat seizures/epilepsy: phenytoin (Dilantin®), carbamazepine (Tegretol®), Phenobarbital, and primidone; pyrimethamine; estrogens (Premarin®); methotrexate;; pentamidine; sulfasalazine; triamterene.

See the US National Library of Medicine site for more information: <http://www.nlm.nih.gov/medlineplus/>

The products listed below are a *selection* of some that have met quality testing standards set by ConsumerLab and/or have been recommended by one or more of my colleagues on the Pediatric Integrative Medicine e-discussion list. For more information, see <http://www.consumerlab.com/>.

Please note that some preparations contain artificial colors, flavors, etc. If your child has a food sensitivity, please read the labels carefully. Not all recommended products are suitable for all children and adolescents.

Product Name	Capsule/Tablet Strength
Multivitamins	(milligrams = mg)
Flintstones™ Gummies	2-3 yrs: 1 gummy per day; over 4 yrs: 2 gummies per day
L'il Critters® Groovy Gummy Vites™	2 gummies per day
Trader Darwin's® Children's Chewable Vitamins	up to 4 yrs – 1 chewable tablet per day; over 4 yrs 2 chewable tablets per day
Dr. Sears Little Champs multivitamins	(recommended by holistic clinicians)
Flora Floradix Kinderlove	(recommended by holistic clinicians)
Multivitamin/Minerals	
Hero Nutritionals™ Yummi® Bears® Multi-Vitamin and Mineral	up to 3 bears per day
Kirkman Labs (recommended by holistic clinicians)	
Metagenics (recommended by holistic clinicians)	
Nutrivene (recommended by holistic clinicians)	
For teenagers and adults Multivitamin/Minerals	
Carlson® Super 2 Daily Vitamins and Minerals Iron Free	2 softgels per day
Life Extension® Two Per Day Tablets	2 tablets per day
Pure Encapsulations® Multi t/d Basic Two-Per-Day Multivitamin	2 vegetable capsules per day
Puritan's Pride®	2 tablet per day
Solgar® Formula V™ VM-75® Multiple Vitamins with Chelated Minerals	1 tablet per day
Swanson® Health Products Daily Multi-Vitamin and Mineral	1-2 capsules per day
TwinLab® Daily One Caps™ with Iron	1 capsules per day
WEIL™ Andrew Weil MD Daily Multivitamin for Optimum Health	1 tablet per day
WHOLE FOOD Supplements	
Juice Plus+ Garden Blend®	2 capsules per day
Nature's Plus® Source of Life® Multivitamin and Mineral Supplement with Whole Food Concentrates	3 tablets per day

www.wakehealth.edu/CIM - See Quick Link to Dietary Supplements