

# Vita Big Kids™

## Multivitamin/Mineral Supplement

### DESCRIPTION

Vita Big Kids™, provided by Douglas Laboratories®, is unique vitamin-mineral-trace element supplement designed for children ages ten and up. The easy-to-swallow, smaller capsules provide over 30 vitamins, minerals, trace elements and other nutrients in bioavailable forms and nutritionally meaningful amounts.

### FUNCTIONS

Studies show that a high percentage of children in North America and other developed countries eat less than the minimum daily allowance of many essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for satisfying the special nutritional demands of growth and development during childhood. Vita Big Kids™ has been carefully designed and formulated to contain the right proportions of vitamins, minerals, and trace elements without danger of toxic build-up and without side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety.

### INDICATIONS

Vita Big Kids is ideal for older children that are at risk for vitamin, mineral and trace element deficiencies due to sub-optimal dietary intake, and life style.

### FORMULA (#83908)

#### 6 capsules contain

Vitamin A .....	10,000 I.U.
(50% as Vitamin A palmitate/50% as Beta carotene)	
Vitamin C (Corn Free) .....	500 mg
Vitamin D-3 .....	100 I.U.
Vitamin E .....	200 I.U.
(as d-alpha tocopheryl succinate)	

Thiamine .....	10 mg
Riboflavin/Riboflavin-5-Phosphate .....	10 mg
Niacinamide/Niacin .....	25 mg
Vitamin B-6 .....	10 mg
Folic Acid .....	400 mcg
Vitamin B-12 .....	50 mcg
Biotin .....	150 mcg
Pantothenic Acid .....	25 mg
Calcium (Citrate/Ascorbate Complex) .....	300 mg
Iodine (Kelp) .....	40 mcg
Magnesium .....	200 mg
(aspartate/taurate/ascorbate complex)	
Zinc (from Zinc amino acid chelate) .....	5 mg
Selenium .....	40 mcg
(organic selenium from selenium amino acid complex)	
Copper (Amino Acid Chelate) .....	0.5 mg
Manganese (aspartate/sulfate complex) .....	4 mg
Chromium GTF (Polynicotinate) .....	40 mcg
Molybdenum (Amino Acid Complex) .....	40 mcg
Potassium (Aspartate Complex) .....	50 mg
Pyridoxal-5-Phosphate .....	5 mg
Boron (aspartate/citrate complex) .....	0.5 mcg
Vanadium (amino acid chelate complex) .....	10 mcg
Citrus Bioflavonoid Complex .....	25 mg
Inositol .....	25 mg
Choline (from 25 mg choline citrate/bitartrate) ...	10 mg
Trace Elements .....	20 mcg
(mineral complex with sea vegetation)	
L-Cysteine .....	48 mg
N-Acetyl L-Cysteine .....	2 mg
Glutamic Acid .....	5 mg
Betaine (from 15 mg Betaine HCl) .....	11 mg
Ginger .....	25 mg
Bromelain .....	500 mcu
Octacosanol .....	500 mcg

### SUGGESTED USE

Children 10 years and older take 6 capsules daily with meals or as directed by physician.

*(continued on reverse)*

## **SIDE EFFECTS**

No adverse side effects reported.

## **STORAGE**

Store in a cool, dry place, away from direct light.  
Keep out of reach of children.

## **REFERENCES**

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**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.**

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