

PrevineX<sup>®</sup>



# Super Vites - Children's Chewable Multivitamin

Complete daily vitamin, mineral, and antioxidant supplement for children

Good nutrition is critical for health and especially important for growing and developing children. Unfortunately, most children are picky eaters and tend to fall short on many essential nutrients at a time when they need it most. Pound for pound, a 5-year old child needs more vitamins A and C, vitamins B6 and B12, thiamin, riboflavin, and niacin than a 25-year old man.<sup>1</sup> **Super Vites** is an advanced formulation of nutrients provided in optimal levels and forms necessary not only for a healthy childhood, but also for laying the foundation of good health for a lifetime.

## Childhood Nutrition

Unfortunately, numerous studies show that children do not receive the nutrition they need from their diets. Less than 25 percent of children eat the recommended five servings or more of fruits and vegetables each day,<sup>2</sup> and if they do, they are typically not eating them in a breadth that covers all of their nutrient needs. While adequate amounts of key nutrients are missing from the diet of most children, **Super Vites** can help ensure that children get the essential nutrients they need from one healthy and convenient source.

## Super Vites - The Most Complete & Comprehensive Children's Vitamin Available

- Optimal levels and forms of key vitamins, minerals, and antioxidants that are clinically proven to benefit children
- Optimal levels of Vitamin D where studies show meaningful benefits for children<sup>3</sup>
- Contains blend of 28 organic super fruits and veggies
- Low in sugar from natural sources
- No preservatives or artificial additives
- Gluten free, soy free & dairy free

## Did you know?

Micronutrients - also known as vitamins and minerals - are essential components of a high-quality diet and have a profound impact on health. Micronutrients are the essential building blocks of healthy brains, bones and bodies.<sup>4</sup>

Micronutrient deficiencies are often referred to as 'hidden hunger' because they develop gradually over time, their devastating impact not seen until irreversible damage has been done. While a child may

**Directions:** Chew 1 tablet daily for children 2-3 years, 2 tablets daily for children 4 years or older.

**Supplement Facts** Serving Size: 1 Tablet For Children 2-3 Years  
2 Tablets Daily For Children 4 Years Or Older  
Servings Per Container: 30

	% DV 2-3 YEARS (1 TABLET) AMOUNT PER TABLET		% DV ≥ 4 YEARS (2 TABLETS) AMOUNT PER 2 TABLETS	
Calories	10		15	
Total Carbohydrates	2 g	†	4 g	1%*
Sugars	2 g	†	3 g	†
Vitamin A (as beta-carotene)	2,500 IU	100%	5,000 IU	100%
Vitamin C (as calcium ascorbate)	125 mg	313%	250 mg	417%
Vitamin D (cholecalciferol)	1,000 IU	250%	2,000 IU	500%
Vitamin E (as D-alpha-tocopheryl succinate)	50 IU	500%	100 IU	333%
Vitamin K (as phytonadione)	20 mcg	†	40 mcg	50%
Thiamin (as thiamin mononitrate)	1.25 mg	179%	2.5 mg	167%
Riboflavin	1.25 mg	156%	2.5 mg	147%
Niacin (as niacinamide)	10 mg	111%	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	1.2 mg	171%	2.4 mg	120%
Folate (as folic acid)	200 mcg	100%	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	20 mcg	667%	40 mcg	667%
Biotin	75 mcg	50%	150 mcg	50%
Pantothenic Acid (as D-calcium pantothenate)	5 mg	100%	10 mg	100%
Calcium (as calcium carbonate, citrate, ascorbate)	90 mg	11%	180 mg	18%
Iron (as ferrous fumarate)	2 mg	20%	4 mg	22%
Iodine (as potassium iodide)	50 mcg	71%	100 mcg	67%
Magnesium (as magnesium carbonate)	25 mg	13%	50 mg	13%
Zinc (as zinc oxide)	5 mg	63%	10 mg	67%
Selenium (as selenium glycinate complex)	25 mcg	†	50 mcg	71%
Copper (as copper oxide)	0.4 mg	40%	0.8 mg	40%
Manganese (as manganese gluconate)	0.5 mg	†	1 mg	50%
Chromium (as chromium polynicotinate)	25 mcg	†	50 mcg	42%
Molybdenum (as molybdenum glycinate chelate)	12.5 mcg	†	25 mcg	33%
<b>Organic Super Fruits &amp; Veggies Blend:</b>	100 mg	†	200 mg	†
Kale, Beet, Broccoli, Spinach, Carrot, Parsley Leaf, Green Cabbage, Tomato, Red Raspberry, Cranberry, Strawberry, Blueberry, Pomegranate, Acai Fruit ( <i>Euterpe oleracea</i> ), Blackberry, Cherry, Black Raspberry, Acerola Extract, Apple, Apple Pectin, Banana, Flax Seed, Mango, Papaya, Peach, Pear, Pineapple, Watermelon				
Choline bitartrate	50 mg	†	100 mg	†
Blue agave powder	25 mg	†	50 mg	†
Honey powder	25 mg	†	50 mg	†
Inositol	15 mg	†	30 mg	†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

Other ingredients: D-glucose, stearic acid, natural flavors, medium chain triglycerides (mct oil powder), modified cellulose, citric acid, silica, magnesium stearate, steviol glycosides and beet juice color.

\*These statements have not been evaluated by the Food & Drug Administration. This product isn't intended to diagnose, treat, cure or prevent any disease.

go to sleep each night with a full belly, micronutrient deficiencies mean that the body is still hungry for good nutrition. Millions of children suffer from stunted growth, cognitive delays, weakened immunity and disease as a result of micronutrient deficiencies.<sup>4</sup>

- **On average, most children and adolescents eat fewer servings of the five major food groups (grains, vegetables, fruits, dairy, meat/meat substitutes) than the USDA Food Guide Pyramid recommends.<sup>5</sup>**
- **More than half of American children do not get enough of vitamins D and E, while more than a quarter do not get enough calcium, magnesium or vitamin A.<sup>6</sup>**
- **Seven out of ten U.S. children have low levels of vitamin D, raising their risk of bone and heart disease.<sup>7</sup>**

Nutritional science has rapidly evolved over the past decade, and the breadth of data is both compelling and crystal clear that the body requires far greater levels of nutrients than those outlined in the RDAs for optimal health. This is especially true in children who are rapidly growing physically and mentally and not always receiving or eating the right breadth of foods, which provide vital nutrients. For example, according to a study published in the *The Journal of Clinical Endocrinology & Metabolism*, children and teens need ten times more than the recommended dietary allowance of vitamin D for optimal health.<sup>3</sup>

### Did you know?

- Vitamin A & C play a key role in supporting retina health.
  - Vitamin A helps retinal receptors absorb light, and supports normal differential and functioning of the conjunctival membranes and cornea.<sup>8</sup> Vitamin C is actively concentrated in all tissues of the eye and support healthy ocular blood vessels.<sup>9</sup>
- Calcium, Magnesium, and Vitamin D are critical for bone and teeth development and health.
  - Calcium is essential for building and maintaining healthy bones, gums, and teeth.<sup>10</sup> Magnesium helps regulate calcium levels, making it essential for healthy bones and teeth.<sup>11</sup>
- The health of our immune system is critical throughout life. Vitamins, minerals, and antioxidants provided in **SuperVites** protect against oxidative stress and help support healthy immune function.\*

Adequate nutrition is essential for children to not only survive, but to flourish as they develop and grow. **SuperVites** takes away the worry and provides the right nutrients to your child and ensures they're getting the right levels of vitamins, minerals, and antioxidants that they need for developmental and optimal health (strong bones, healthy immune health, protection against free radicals, increased energy and focus, etc.).

**SuperVites = Optimal Nourishment for Growth & Development**

### References:

- <sup>1</sup> Brody, J. Jane Brody's Nutrition Book. Bantam Books: New York 1987. p. 367
- <sup>2</sup> Kennedy, E. and Goldberg, J. Nutr. Rev. 1995. 53(5):111-26
- <sup>3</sup> Joyce Maalouf, Mona Nabulsi, Reinhold Vieth, Samantha Kimball, Rola El-Rassi, Ziyad Mahfoud, Ghada El-Hajj Fuleihan; Short- and Long-Term Safety of Weekly High-Dose Vitamin D3 Supplementation in School Children, *The Journal of Clinical Endocrinology & Metabolism*, Volume 93, Issue 7, 1 July 2008, Pages 2693-2701
- <sup>4</sup> Unicef [https://www.unicef.org/nutrition/index\\_iodine.html](https://www.unicef.org/nutrition/index_iodine.html)
- <sup>5</sup> Gleason P, Sutor C. Children's diets in the mid-1990s: dietary intake and its relationship with school meal participation. Special nutrition programs; report no. CN-01-CD1. Alexandria, VA: US Department of Agriculture, Food and Nutrition Service; 2001.
- <sup>6</sup> <https://www.theguardian.com/lifeandstyle/2015/feb/10/nutrition-hunger-food-children-vitamins-us>
- <sup>7</sup> Michal L. Melamed, Juhi Kumar, Paul Muntner, Frederick J. Kaskel, and Susan M. Hailpern. Prevalence and Associations of 25-Hydroxyvitamin D Deficiency in Children and Adolescents in the United States: Results from NHANES 2001-2004. *Pediatrics*, August 3, 2009
- <sup>8</sup> Ross AC. "Vitamin A and retinoic acid in T cell-related immunity." 2012. *Am J Clin Nutr.* 96(5):1166S-72S.
- <sup>9</sup> Beveridge S, Wintergerst ES, Maggini S, Horning D. "Immune-enhancing role of Vitamin C and zinc and effect on clinical conditions." 2008. *Proc Nutr Soc* 67:E83.
- <sup>10</sup> Jaiswal JK. "Calcium - how and why?". 2001. *J Biosci.* 26(3):357-63
- <sup>11</sup> Lares MJ, Monteiro CP, Bicho M. "Role of cellular magnesium in health and human disease." 2004. *Front Biosci* 9:262-76.