

# Kids

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Certain Supplements that are good and safe for kids (always check with your provider)...

**Note:** Food based vitamins are always best!

1<sup>st</sup> **Cod Liver Oil** - helps to boost the uptake of omega-3's in their diet.

2<sup>nd</sup> **Probiotics** - (cultured and fermented foods are great) however, to keep our guts healthy supplementing probiotics, is just a good idea. Health begins in the gut!

3<sup>rd</sup> **Multi-vitamin** without additives...our American diets today just do not allow our kids the nutrients they need.

4<sup>th</sup> **Trace minerals** (trace mineral drops) - we mainly eat foods from depleted soil, and minerals are essential to growth and overall good immune support.

5<sup>th</sup> **Vitamin K2** - helps to form strong bones, prevent heart disease later in life, brain function, and helps overall development.