

◇ Healthiest Children's Vitamins ◇

Kid's Multivitamins come in two groups:
With Iron & Without Iron

You should buy a multivitamin that doesn't exceed 100% daily value of most of the vitamins for your child's age group – mainly Vitamin A, E, and K.

The exception being Vitamin C and other water-soluble vitamins.

Vitamin D is a fat-soluble vitamin but okay to have at more than 100% of the daily value. Most people are deficient, and it isn't toxic unless it's in exceptionally high doses, which wouldn't be in a daily vitamin. If the vitamin does have more than 100% of A, E, and K then it's best to give only half a dose.



Where to Buy



These are just a few examples of where you can buy the following vitamins. Some may even be available at your local grocery store or pharmacy. It's best to check online before heading out to the store.

The vitamins below do NOT contain gelatin. They are all vegetarian friendly!
A few vitamins on the list are 100% organic and free of ALL heavy metals, contaminants, and allergens as well!

Healthiest Children's Multivitamins With Iron

Children's Best Complete Multivitamin



Yumi for Kids Ages 2-4 + Aged 4+



Renzo's Kids Multivitamin with Iron
(Does include sugar alcohols, can be used from age 2 onwards)



Other Multivitamins with Iron

- [YumV's Pure Iron with Vitamin C](#)
- [Chapter One, M is for Magnesium](#)
- [Chapter One, I is for Iron](#)
- [Raise Them Well](#) (Formulated with methylated B vitamins to provide maximum absorption, contains more than double the recommended daily amount of Folate for brain development, contains Vitamin K2 which helps with Vitamin D absorption, vegan, gluten free, and can be used from 4 years of age.)
- [Zarbee's Naturals](#) (This comes in liquid form and can be used from 2 months of age.)
- [Natures Plus](#)
- [Bluebonnet Super Earth](#)

Iron Gummies

If your child refuses to take iron, it may be easy to convince them to take a gummy. The ones below come in gummy form.

- [Vitamin Friends Iron Vegan Gummies](#)
- [Rainbow Light Kids One](#)
- [Zarbee's Naturals Gummies](#)
- [Vitamin Friend Gummies](#)
- [Lifeable Iron for Kids - with Vitamin C](#)



Iron is easier to digest and process in the body when taken with Vitamin C. So Iron combined with Vitamin C is your best bet.

Healthiest Children's Multivitamins Without Iron

Llama Naturals Organic Gummies



Smarty Pants Toddler/Kids Multivitamin
(with Omega 3s and probiotics added)



Mary Ruth's Gummies
(Note: This is sweetened with organic stevia leaf extract)



Other Multivitamins without Iron

- [Ritual Essential Kids Vitamin](#)
- [Hiya Vitamins](#)
- [First Day](#)
- [WellVites](#)
- [Klaire Labs](#)
- [Garden of Life](#) (This is sweetened with "Organic Stevia Leaf" which is the only form of Stevia that is okay. Also, can be listed as "organic whole leaf stevia" or "whole leaf stevia extract". What you want to avoid is "rebaudioside or stevia extract", which could literally mean anything and have anything added to it.)
- [Naturelo](#)
- [Lil'Critters](#)
- [Megafood](#)
- [Mega Foods Kids Daily Multivitamin Booster](#) (A powdered form of their vitamin)
- [Zarbee's Toddler Multivitamin](#)
- [Zarbee's Children's Multivitamin](#) (This one also has probiotics included.)
- [Pure Encapsulations](#)

Healthiest Children's Liquid Vitamins Without Iron

Childlife

It's a little higher in sugar, but you can start using it at 6 months of age.



Best Nest Multi+ For Kids

Most comprehensive liquid kids vitamin you can start at 1 years of age. It does have stevia extract added.



Garden of Life for Toddlers

100% Organic, made from whole foods, has no sugar added and you can start using it at 1 years of age. Liquid Vitamin with probiotics with a clean list of ingredients.



Premium Children's

No sugar added and you can start using it at 4 years of age.



An iron only supplement is a good option if you go with a multivitamin without iron, because it will add the iron missing from those vitamins back into your child's diet. Best recommended with iron if your child has been tested and is iron-deficient.

Healthiest Children's Iron Only Supplement

Nature's Nutra

Relatively super clean ingredient list.



Gaia Herbs

Use for older children (or with pediatrician's approval for babies). Has the cleanest ingredients list and is non-GMO.



Healthiest Children's Omega 3 Supplements

The primary Omega 3 supplement recommended for children is Nordic Naturals. They have an infant DHA supplement and a children's DHA supplement – both of which are extremely pure, have no added preservatives or sugar, and are in liquid form so they can be added to just about anything!

ChildLife Cod Liver Oil is also a good option for kids starting at 6 months of age!

Healthiest Children's Vitamin D Supplements

If you're looking for a gummy Vitamin D supplement for kids, [Llama Natural's Vitamin D gummies](#) are the best. (As a bonus, adults can use them too!) If you're looking for a liquid Vitamin D supplement for babies, toddlers, and older kids, [Raise Them Well](#) has [Vitamin D Drops](#). There are no added flavors, colors, etc. They are liquid and you only need one drop in your child's milk per day. They are marketed for infants, but you can use them for any age. Super easy, tasteless, and pure. For two other great options, [BabyD Drops](#) and [UpSpring](#) make a pure liquid Vitamin D supplement.

Healthiest Children's Vitamin C Supplements

If you're looking for a chewable Vitamin C supplement, [Raise Them Well Children's Immunity Chewable](#) is best, as it contains Vitamin C, D, K, and zinc.

If you're looking for a gummy, [Llama Naturals Vitamin C with Elderberry](#) added is best. Other good options are [Ollly Kids Immunity](#), [Children's Best Immune Support](#), and [WellVites](#). And if you're looking for a gummy for older kids/adults, [Mary Ruth's Vitamin C](#) is good.

If you're looking for a liquid vitamin, [ChildLife Vitamin C](#) is best.

Lastly, if you're looking for the best elderberry supplement for kids, it's [Gaia Herbs Elderberry](#), and for an all-natural, sugar-free immune booster for kids using Beta Glucan, it's [Beta Kids Gummies](#).

Healthiest Children's Probiotics Supplements

Garden of Life's line of probiotics are shipped cold and their powdered kids' probiotic can be added to your child's drink (milk, water, etc.). They also have a kids' chewable probiotic if you need an option that doesn't require refrigeration. If you're looking for a liquid probiotic, it's recommended to use to use liquid probiotic from Go Healthy Natural. Five other good probiotic options are Llama Naturals, Children's Best, Klair Labs, PROKids, and DR. MK's Natural Probiotic. (That last one is sweetened with sorbitol, which is a sugar alcohol.)