

contaminants, and allergens as well!

Healthiest Children's Multivitamins With Iron

Children's Best Complete Multivitamin

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Yumi for Kids Ages 2-4 + Aged 4+





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



Other Multivitamins with Iron

- YumV's Pure Iron with Vitamin C
- Chapter One, M is for Magnesium

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- 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.





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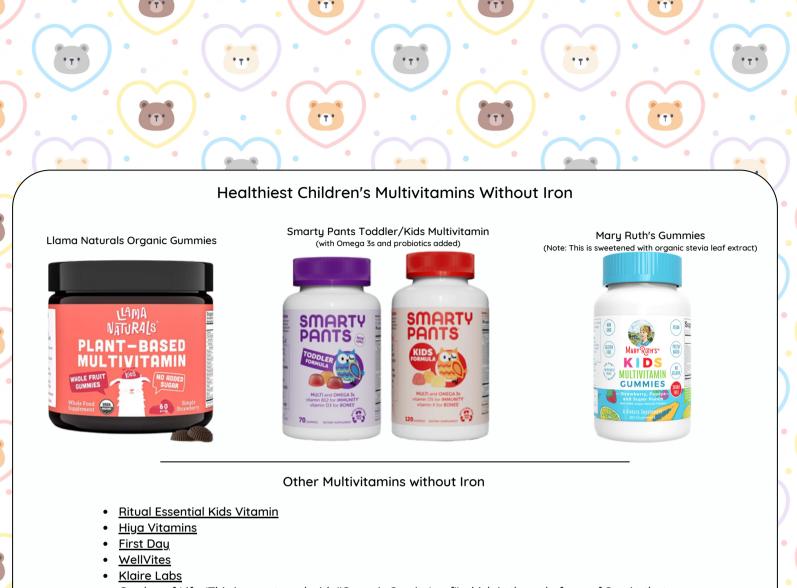


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- Garden of Life (This is sweetened with "Organic Stevia Leaf" which is the only form of Stevia that is okay. Also, can be listed as "organic whole leaf stevia" or "whole leaf stevia extract". What you want to avoid is "rebaudioside or stevia extract", which could literally mean anything and have anything added to it.
- <u>Naturelo</u>
- 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



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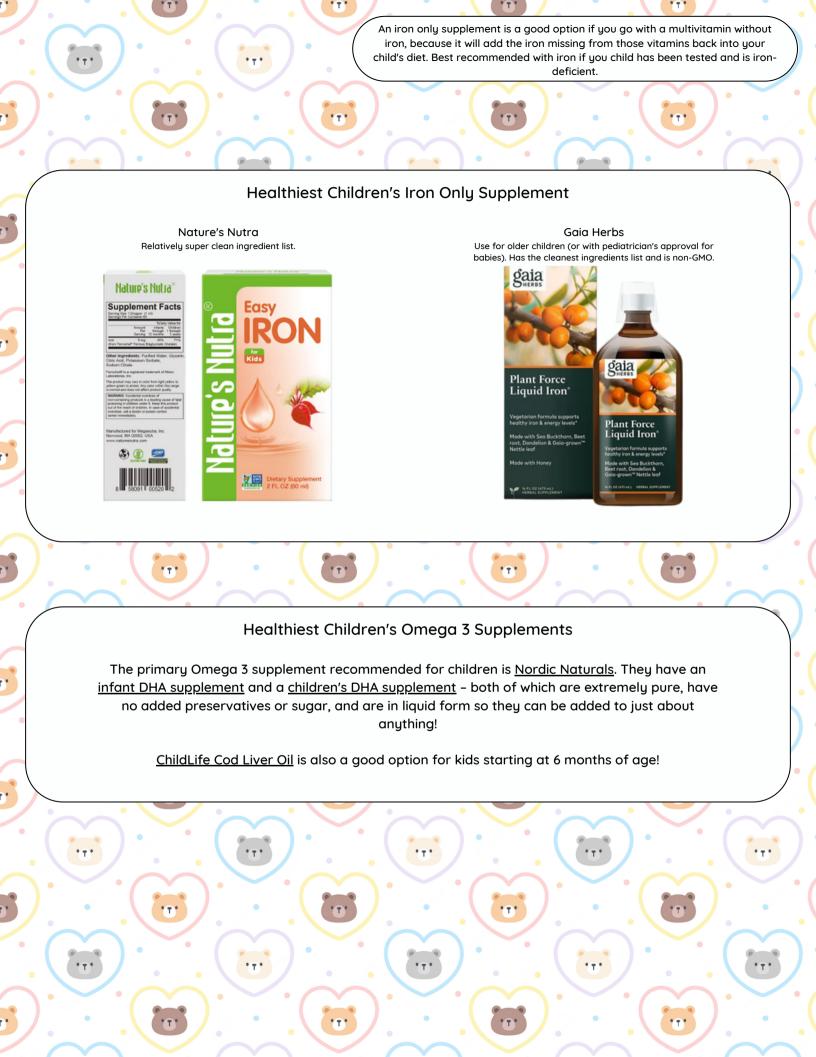
Best Nest Multi+ For Kids Most comprehensive liquid kids vitamin you can start at 1 years of age. It does have stevia extract added.



Premium Children's No sugar added and you can start using it at 4 years of







Healthiest Children's Vitamin D Supplements

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If you're looking for a gummy Vitamin D supplement for kids, <u>Llama Natural's Vitamin D gummies</u> 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, <u>Raise Them Well</u> has <u>Vitamin D Drops</u>. 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, <u>BabyD Drops</u> and <u>UpSpring</u> make a pure liquid Vitamin D supplement.

Healthiest Children's Vitamin C Supplements

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If you're looking for a chewable Vitamin C supplement, <u>Raise Them Well Children's Immunity</u>
Chewable is best, as it contains Vitamin C, D, K, and zinc.

If you're looking for a gummy, <u>Llama Naturals Vitamin C with Elderberry</u> added is best. Other good options are <u>Olly Kids Immunity</u>, <u>Children's Best Immune Support</u>, and <u>WellVites</u>. And if you're looking for a gummy for older kids/adults, <u>Mary Ruth's Vitamin C</u> 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 <u>Gaia Herbs Elderberry</u>, and for an all-natural, sugar-free immune booster for kids using Beta Glucan, it's <u>Beta Kids Gummies</u>.

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, Klaire Labs, PROKids, and DR. MK's Natural Probiotic. (That last one is sweetened with sorbitol, which is a sugar alcohol.)

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