

# Viridikid Multivitamin

Viridikid Multivitamin Formula is specifically formulated for the needs of children between the ages of 2-14 to support optimal growth and long-term health. Featuring vitamins C, B, D, E and K along with zinc, iron and other key minerals with a natural beta carotene mix. The nutrients are contained in an easy-to-swallow microcapsule that is free from sugars, additives and preservatives.

Formulated to be a complete multivitamin for growth, immunity and energy, this supplement gives your children a great foundation for good health. Contains vitamin D, zinc and magnesium to support growing bones and strong teeth, along with copper, selenium and vitamin C to strengthen the immune system. Zinc, iodine and iron have been added to support cognitive development, whilst biotin, copper and magnesium provide energy support for growing bodies. The inclusion of beta carotene enables the body to produce vitamin A which is a particularly important vitamin for children’s vision, skin and immune health.

Capsules can be swallowed whole, or the contents opened up and stirred into water, juice, yoghurt or smoothies. We recommend taking alongside the pleasant-tasting Viridikid 100% Organic Omega-3 Oil for the optimum supplement programme for children

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian’s strict ethical criteria including no animal testing, GMO or palm oil.

## Key Features:

- Supports growth, immunity and energy
- Comes in an easy-to-take microcapsule
- Suitable for children age 2-14
- Vegan and free from sugar, additives, and preservatives



*Contains 26 vitamins and minerals*

## Nutritional Information: one microcapsule provides:

Ingredient	Weight	% NRV (4 months - 4 years)	% NRV (4 years to adult)
Iron (bisglycinate)	4mg	100	28
Vitamin C (Magnesium and Calcium ascorbate)	49mg	189	61
Calcium (ascorbate)	3mg	0.6	0.4
Magnesium (ascorbate and citrate)	6mg	0.3	1.6
Zinc (citrate)	4.8mg	100	48
Beta carotene ( <i>Dunaliella salina</i> ) (providing Vitamin A 83µg)	500µg	28	28
Vitamin B5 (D-Ca pantothenic acid)	5mg		83
Vitamin B3 (Niacinamide)	5mg	100	31
Choline (bitartrate)	2mg		
Vitamin D3 (Cholecalciferol) (280iu)	7µg	100	140
Potassium (citrate)	1mg		
Vitamin E (D-alpha tocopherol) (2.5iu)	1.7mg	100	14
Selenium	12µg	100	22
Manganese (bisglycinate)	0.25mg		12.5
Copper (citrate)	0.33	100	33

Inositol	1mg	100	
Vitamin B2 (Riboflavin)	0.5mg	100	36
Vitamin B6 (Pyridoxine HCl)	0.4mg	100	29
Vitamin B1 (Thiamine HCl)	0.3mg	100	27
Biotin	20µg		40
Vitamin K1 (Phylloquinone)	10µg		13
Iodine (Potassium Iodide)	63µg	100	42
Chromium (picolinate)	10µg		25
Folic acid	55µg	100	28
Molybdenum	2µg		4
Vitamin B12 (Deoxyadenosylcobalamin and Methylcobalamin)	0.4µg	100	16
Plant cellulose capsule			

**Directions:** take one to two capsules daily with food, or as directed by your healthcare practitioner.

Age 2 to 6 years - one capsule daily

Age 7 to 13 years - two capsules daily

Age 14+ - three capsules daily, or switch to Viridian's High Five Multivitamin

## Ordering Information:

Code	Size	Description	Barcode
125	90	Viridikid Multivitamin & Mineral	5060003591252

In stock and available to order. Call 01327 878050

or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)