

## Multivitamins for Kids' Good Development and Health

Multivitamins for kids are dietary supplements that are meant to replace or supplement nutrients from the foods that children eat. Vitamins and minerals are important for good development and overall health. The body is not able to produce many vitamins in adequate amounts.

Most experts recommend getting vitamins and minerals from a healthy diet, but often times, children do not have the best dietary habits. However, cautionary measures should be used mainly when by using multivitamins for kids. Mega dose vitamin therapy has been touted as being effective for treating a whole host of health problems, but there is no scientific evidence supporting its use, and some vitamins, particularly the fat soluble vitamins A, D, E and K can be highly toxic in large doses.

Research shows that generally the parents who are most likely to use multivitamins for kids are those with higher income levels. And the reason is that these parents have greater resources to provide these supplements for their children. However, it may be the children of lower income families that need these supplements as nutrition among these children is often lacking.

Multivitamins for kids are appropriate for children who: have an eating disorder, have been diagnosed as failure to thrive, don't eat regular, well balanced meals, don't get much sun exposure, have chronic illnesses or food allergies or have a restrictive diet, such as a vegan diet.

Parents need first to be sure that they read the label of the multivitamin that they choose. In other words, multivitamins for children can be missing some essential nutrients. That is why, while reading the label, parents need to look for things like artificial colors and flavors.

Some multivitamins for kids are loaded with sugar or artificial flavors to mask the taste of the vitamins, or they contain artificial colors.

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