

## KidsMV™

### Purpose & Rationale

KidsMV is a multivitamin and mineral formula designed specifically to provide the nutrients a growing child needs and often does not get in sufficient amounts due to various factors, such as poor food choices, lack of interest in certain foods or food groups, and finicky eating behaviors. The dotFIT KidsMV is a superiorly formulated (Practitioner Product) multivitamin and mineral formula (MVM) when compared to the typical under-formulated mass-market MVM products.<sup>103</sup>

### Typical Use

- All children ages 2-11 unless a specific medical condition prohibits the intake of any nutrient contained in the formula
- Ages 2-4 take 1 tablet daily
- Ages 5-11 take 2 tablets daily
- Ages 12-17 use 1 adult ActiveMV tablet per day instead of the KidsMV

### Unique Features

- Contains Choline
- Formula and use follow strict and updated scientific research criteria for all youth ages.
- Uniquely formulated to maintain a safe and optimal range of nutrients when combined with other dotFIT products.
- The nutrients are in their proper forms, ratios and strengths to complement food intake and help maintain a safe and optimal range for 24 hours per day.
- Manufactured in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT.
- Third-party tested.

### Contraindications

The dotFIT KidsMV is contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content. The KidsMV is also contraindicated for anyone suffering adverse reactions to any of its ingredients. In all cases, consult with a physician.

## Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	%Daily Value Children <4	%Daily Value Children & Adults >4
Vitamin A (as Beta-Carotene 2,000 IU and Retinyl Palmitate 500 IU)	2,500 IU	100%	50%
Vitamin C (as Ascorbic Acid)	50 mg	125%	83%
Vitamin D (as cholecalciferol)	250 IU	63%	63%
Vitamin E (as D-Alpha-Tocopheryl Succinate)	20 IU	200%	67%
Vitamin K (as Phytonadione)	30 mcg	*	38%
Thiamin (as Thiamin Mononitrate)	1 mg	143%	67%
Riboflavin	1 mg	125%	59%
Niacin (as Niacinamide)	6 mg	67%	30%
Vitamin B6 (as Pyridoxine HCl)	1 mg	143%	50%
Folate (as Folic Acid)	100 mcg	50%	25%
Vitamin B12 (as Cyanocobalamin)	3 mcg	100%	50%
Biotin	10 mcg	7%	3%
Pantothenic acid (as D-Calcium Pantothenate)	2 mg	40%	20%
Iron (as Ferrous Fumarate)	5 mg	50%	28%
Iodine (as Potassium Iodide)	50 mcg	71%	33%
Magnesium (as Magnesium Oxide)	20 mg	10%	5%
Zinc (as Zinc Oxide)	5 mg	63%	33%
Selenium (as Selenomethionine)	20 mcg	*	29%
<b>Choline Bitartrate</b>	<b>100 mg</b>	<b>*</b>	<b>*</b>

% Daily Value based on a 2,000 calorie diet.

\* Daily Value not established.