

# Pass Health Foods

## Back to School Supplement Lists: Grade School

### **Multivitamins**

#### **Animal Parade Gold** *on sale in August!*

These have the best ingredients of any children's chewable. It is the premium kids multi available and contains many important nutrients not found in other children's supplements. We have a bottle of three assorted flavors on sale during August.

#### **Nordic Berries Gummy Vitamins** *on sale in August!*

These are great tasting gummy multivitamins for kids. They are similar in look and taste to gumdrop candies. They're especially good for kids who are particular about taste or refuse to take a hard chewable.

#### **My Kind Organic Kids Gummy Vitamins**

These are the first food based kids organic gummy vitamin; it's a fantastic choice for a gummy vitamin.

### **Probiotics**

#### **Garden of Life Dr. Formulated Chewable Probiotics** *on sale in August!*

This is the highest potency children's chewable available and at 5 billion probiotics per chewable, we recommend it very highly.

### **Omega 3s**

#### **Yummy Bears Omega Gummies**

This is the highest potency fish oil gummy available (most kids chewable omega 3 supplements are very low potency, so this is a good tasting choice for kids).

#### **Barleans Omega Swirl Fish Oil Liquid** *on sale in August!*

A liquid fish oil does not sound particularly appetizing, but Barleans has made their Omega Swirl Fish Oil to be more of a cream than an oil, in several great tasting flavors without any fishiness. It's a favorite among both children and adults!

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### **Optional Supplements if Needed**

#### **Stress and Anxiety**

##### **KAL Relax a Saurus *on sale in August!***

This is a good, theanine based chewable to help young children feel more relaxed. It's helpful for both during the day or bedtime.

##### **Jarrow Theanine Gummies *on sale in August!***

These great tasting gummies have a nice amount of the relaxing amino acid theanine, and are very effective for stress and anxiety for children and adults of all ages.

#### **Extra Immune Help**

##### **KAL ImmunoRaptors *on sale in August!***

This is a great combination of supplements designed to help boost children's immune systems in a dinosaur shaped chewable.

##### **Nature's Answer Sambucus Elderberry Syrup or Gummies**

Elderberry has been studied extensively for its benefit as an antiviral, reducing the length of colds and flu. It is safe for both children and adults and in both a liquid form and a great tasting gummy. It can be taken preventatively or in higher amounts if you are trying to combat an acute illness.

#### **Calcium**

##### **Carlson Calcium Gummies *on sale in August!***

These gummies are wonderful tasting and are appropriate for both children and adults. Each gummy has 250 mg of calcium.