

Pass Health Foods

Back to School Supplement Lists: Grade School

Multivitamins

Animal Parade Gold

These have the best ingredients of any kids chewable. It is the premium kids multi available.

Nordic Berries Gummy Vitamins *on sale in August!*

These are great tasting gummy multivitamins for kids. They are similar in look and taste to gumbdrop candies.

My Kind Organic Kids Gummy Vitamins *on sale in August!*

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, at 5 billion probiotics per chewable. We recommend it very highly.

Renew Life Ultimate Flora Gummy Probiotic *on sale in August!*

If you need a gummy probiotic, this is a great choice with a good potency.

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.

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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.

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.

Nature's Answer Sambucus Elderberry Syrup

Elderberry syrup 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 is a great tasting liquid. 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.