

Pass Health Foods

Back to School Supplement Lists: High School

Multivitamins

Nature's Plus Power Teen for Girls or Boys

These are chewables specifically designed for the needs of growing teenagers and include probiotics as well as supplements for healthy skin and the immune system. They're also a nice option for teens who have trouble swallowing pills.

Carlson Mini Multis *on sale in August!*

These are tiny, easy to swallow tablets that are great for teens who are just beginning to be able to swallow pills. They contain 100% of the recommended daily value of the various included nutrients, since teenagers don't really need megadoses of vitamins.

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, and is appropriate for teenagers who prefer chewables.

JarrowDophilus EPS *on sale in August!*

These are easy to swallow capsules with a potency of 5 billion each.

Omega 3s

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!

Nordic Naturals Lemon Fish Oil Softgels

These softgels are smaller sized than many fish oil supplements, and also have added lemon oil inside the softgels to prevent "fish burps".

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Optional Supplements if Needed

Stress and Anxiety

Jarrow Theanine Gummies or Capsules *on sale in August!*

Whether teenagers prefer a gummy or a capsule, theanine is wonderful for anxiety and stress- it works to produce a calm, focused, and relaxed state. Theanine is not habit forming and can be extremely useful for children and adults for reducing anxiety.

Extra Immune Help

Nature's Answer Sambucus Elderberry Syrup or Gummies

Elderberry is a great antiviral, and works well to shorten the duration of illness caused by viruses (the flu in particular). The gummies are great tasting and an easy way to give the immune system an extra boost!

Irwin Natural's Immuno Shield *on sale in August!*

Immuno Shield is a fantastic immune booster that combines a variety of supplements that work to activate the immune system.

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.

Digestion

American Health's Chewable Papaya Enzymes *on sale in August!*

Papaya enzymes are helpful for anyone who gets occasional stomach upset or indigestion after eating. Papaya enzymes are all natural and work by breaking down the food in the stomach so it's able to be digested easier.