

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. They're also a nice option for teens who have trouble swallowing pills.

Solaray One-A-Day High Energy Multivitamin *on sale in August!*

These are nice, easy to swallow capsules with high B vitamins, which help with energy.

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

Nordic Naturals Lemon Fish Oil Softgels *on sale in August!*

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

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

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

Irwin Natural's Immuno Shield

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

Nature's Answer Sambucus Elderberry Syrup

Elderberry is a great antiviral, and works well to shorten the duration of illness caused by viruses (the flu in particular).

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

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.