

Comparison of Children's Vitamins

Nutrients	Flinstones Chewable	Kirkland (Costco)	Yummy Gummy Daily	Shaklee Incredivites	RDA ⑦
Vitamin A	3000IU	2500IU	2500IU	2500IU	5000IU
Vitamin C	60mg	250mg	30mg	60mg	60mg
Vitamin D3	400IU	400IU	150IU	600IU	400IU
Vitamin E	30IU	30IU	15IU	30IU	30IU
Vitamin K	none	none	none	20mcg	80mcg
Thiamin	1.5mg	1.5mg	none	1.5mg	1.5mg
Riboflavin	1.7mg	1.7mg	none	1.7mg	1.7mg
Niacin	15mg	15mg	2.5mg	20mg	20mg
Vitamin B6	2mg	2mg	1mg	2mg	2mg
Folate (Folic Acid)	400mcg	400mcg	200mcg	400mcg	400mcg
Vitamin B12	6mcg	6mcg	3mg	6mcg	6mcg
Biotin ①	40mcg	40mcg	70mcg	300mcg	300mcg
Panlothenic Acid	10mg	10mg	5mg	10mg	10mg
Calcium	100mg	150mg	9.2mg	200mg	1000mg
Iron	18mg	none	none	6mg	18mg
Iodine	150mcg	150mcg	75mcg	75mcg	150mcg
Magnesium	20mg	20mg	8mg	40mg	400mg
Zinc	12mg	12mg	7.5mg	5mg	15mg
Selenium	none	none	none	35mcg	70mcg
Copper	2mg	2mg	none	0.5mg	2mg
Manganese	none	none	none	0.5mg	2mg
Chromium	none	none	none	30mcg	120mcg
Molybdenum	none	none	none	19mcg	76mcg
Lactoferin ②	none	none	none	25mg	NA
Artificial Sweeteners	YES - Aspartame ③	YES - Sucralose	NO	NO	
Artificial Colors	YES	YES	NO	NO	
Preservatives	YES	NO	NO	NO	
Artificial Flavors	YES	YES	NO	NO	
Hydrogenated oil	YES	NO	Unknown	NO	
BPA Free packaging	NO	NO	Unknown	YES	
350 tests done on each raw ingredient ④	NO	NO	Unknown	YES	
Whole Food Supplement ⑤	NO	NO	Unknown	YES	
Synthetic Chemicals Used (man made in a test tube) ⑥	YES	YES	Unknown	NO	
Gluten Free	YES	YES	YES	YES	
Dairy Free	YES	NO	YES	YES	
100% Money Back Guarantee	NO	NO	NO	YES	

For about 50 cents a day, you can give your kids Shaklee's Incredivites and know they are completely safe and effective.

NOTES

- ① Biotin is one of the essential B vitamins. It is a very expensive ingredient for manufacturers and because of that is often left out or reduced to cut manufacturing costs. Shaklee supplements include 100% of the recommended daily amount of biotin.
- ② Lactoferin is an immune boosting ingredient found in breast milk. Shaklee's Incredivites are the only children's multi-vitamin containing Lactoferin.
- ③ Aspartame when ingested into our bodies is converted to formaldehyde. Formaldehyde can cause allergies, cancer, immune system failings and asthma.
- ④ Shaklee does 350 tests on each raw ingredient used in its products for pesticides, heavy metals, fungicides and any other harmful substance to ensure their products are safe.
- ⑤ Shaklee supplements are made from food and are used in our body just like food is. There are no synthetic chemicals, binders, fillers or anything else that can not be used by our body.
- ⑥ Our bodies do not recognize synthetic ingredients and are unable to use them. These ingredients are simply eliminated as our bodies way of protecting itself.
- ⑦ The FDA does not distinguish between children and adults for the Recommended Daily Amount(RDA) of vitamins and minerals. Most supplement makers agree that there are some vitamins amounts that should be reduced for children because of their lower weight and smaller body mass.