



Kids Optimal Multivitamin

This hypoallergenic multiple vitamin/mineral supplement is formulated for the special nutritional needs of children with Autism Spectrum Disorders (ASD). It is also appropriate for other individuals with similar metabolic imbalances related to inadequate dietary amounts of vitamin and minerals.

Nutritional deficiencies are exceedingly common in ASD. Low levels of vitamin A, thiamine (B₁), niacin (B₃), pantothenic acid (B₅), biotin, calcium, magnesium, selenium, and zinc have been reported in children on the autism spectrum compared to children without ASD. Altered intestinal permeability, deficient enzyme activity, and hyperacidity of the intestinal lumen can all interfere with the absorption and transport of nutrients and contribute to the common vitamin and mineral deficiencies documented in children with ASD. Supplementation with vitamins and minerals is often used to help correct nutritional deficits common in ASD.

The amounts as well as forms of each nutrient in this product have been selected to help ensure a high degree of nutrient bioavailability, excellent tolerance, and documented safety during long-term, daily use. Iron and copper, often contraindicated in ASD, are excluded and herbal ingredients are also avoided to provide maximum tolerance. This formula complies with Gluten-Free/Casein-Free (GFCF) diets. Some of the key features of this product include:

- **Essential vitamins, minerals, and trace elements to help optimize nutrient status:** The amounts and ratios of the 28 nutrients in this product can help complement dietary intake and ensure that daily micronutrient needs are met. To help address the special needs of children with ASD, this product offers higher potencies for certain nutrients, enhanced antioxidant protection, broader trace element nutrition, and augmented B-vitamin support compared to most other children's multivitamins.
- **Well-utilized nutrient forms:** Nutrient "families" are used to provide a wider range of nutritional activity. For example, natural mixed carotenoids and vitamin E tocopherols are included to provide diverse antioxidant benefit. Concentrated citrus bioflavonoids are also added to help complement vitamin C activity.
- **Biologically active forms of folate, B₁₂, and B₆:** Children on the autism spectrum have been shown to have a variety of metabolic abnormalities that include impaired methylation and transsulfuration biochemistry. Significant amounts of the active forms of folate (5-methyltetrahydrofolate) and vitamin B₁₂ (methylcobalamin) are used as they are already fully "active" and ready for use by the body. Together these two vitamins can assist proper methylation and reduce the risk of toxic homocysteine build-up. The active coenzyme form of vitamin B₆ (known as P-5-P), is also included to support transsulfuration pathways.
- **Bioavailable minerals and trace elements:** Many common forms of minerals used in supplements are not efficiently absorbed. To address this concern, this product contains low molecular weight mineral compounds and other forms that are easily and comfortably digested.
- **Hypoallergenic ingredients:** This dietary supplement is free of common allergens including milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. No artificial sweeteners, additives, colorings, flavoring, preservatives or salicylates are used.

This product is intended to provide a broad-spectrum of nutritionally supportive amounts of essential nutrients for daily use and health maintenance in children with ASD or other neurodevelopmental conditions.

Suggested Use: Adults or children 4 or more years of age: 6 capsules daily with food. Children less than 4 years of age: As directed by a healthcare practitioner. Capsules may be opened and nutrients mixed in food or beverage.

This product was made in a GMP and ISO 9001:2008 registered facility.

Supplement Facts			
Serving Size 6 Capsules • Servings Per Container 30			
Amount Per 6 Capsules	% Daily Value	Amount Per 6 Capsules	% Daily Value
Vitamin A (64% (3,500 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> and 36% (2,000 I.U.) as vitamin A palmitate)	5,500 I.U. 110%	Iodine (from kelp)	150 mcg 100%
Vitamin C (as L-ascorbic acid USP)	500 mg 833%	Magnesium (as magnesium glycinate chelate**)	100 mg 25%
Vitamin D ₃ (as cholecalciferol)	1,000 I.U. 250%	Zinc (as zinc glycinate chelate***)	15 mg 100%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-beta, d-delta, d-gamma) from soy	150 I.U. 500%	Selenium (as selenium amino acid complex)	200 mcg 286%
Vitamin K ₁ (as phytoladione)	60 mcg 75%	Manganese (as manganese glycinate chelate***)	2 mg 100%
Thiamine (as thiamine mononitrate)	25 mg 1667%	Chromium (50% as chromium polynicotinate**** and 50% as chromium nicotinate glycinate chelate***)	150 mcg 125%
Riboflavin	15 mg 882%	Molybdenum (as molybdenum glycinate chelate***)	100 mcg 133%
Niacin (67% as niacinamide and 33% as niacin USP)	60 mg 300%	Potassium (as potassium chloride)	99 mg 3%
Vitamin B ₆ (67% as pyridoxine hydrochloride and 33% as pyridoxal 5'-phosphate)	15 mg 750%	Boron (as boron amino acid complex)	2 mg *
Folate (as 5-methyltetrahydrofolate)	400 mcg** 100%	Vanadium (as bisglycinate oxovanadium)	50 mcg *
Vitamin B ₁₂ (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	50 mcg 833%	Choline (as choline bitartrate)	75 mg *
Biotin USP	300 mcg 100%	Inositol	25 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	50 mg 500%	Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg *
Calcium (as calcium citrate-malate)	100 mg 10%		

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, and L-leucine.
 **Amount of active isomer from mixed isomer form.
 ***Albion Laboratories
 ****ChromMate® brand InterHealth N.I. Covered by one or more U.S. Patents 4,923,855, 4,954,492 and 5,194,615.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.