

What Are the Essential Vitamins For Kids?

Vit D: Needed for bone and tooth development, it also helps with calcium absorption. (Doses may need to be adjusted depending on location and weather)

Recommended amount (Ages/Gender)

Birth>12m= 10mcg(400 IU) DAILY

1>70 years= 15mcg(600 IU)DAILY

71>older= 20mcg(800 IU)DAILY

Pregnant and Breastfeeding =15mcg(600 IU)

Upper Limit (Largest intake allowed)

Birth>6m= 25mcg(1000IU)

Infant 7>12m= 38mcg(1500IU)

Children 1>3yrs=63mcg(2500IU)

4>8Yrs=75mcg(3000IU)

9>18Yrs=100mcg(4000IU)

Adults 19>Older=100mcg(4000IU)

Calcium pairs with Vitamin D to help with absorption

Vit A: Supports Vision,immune function and healthy skin. Good for reproduction,growth & development. It also helps your heart,lungs and other organs work properly.

Recommended Amount (Ages &Gender)

Birth>6m= 400mcg RAE

Infant 7m>12m=500mcg

1>3yrs=300mcg

4>8yrs=400mcg

9>13yrs=600mcg

Teen Males 14>18yrs=900mcg

Teen Females= 14> 18yrs=700mcg

Upper Intake (Largest Intake)

Birth>12m= 600mcg

1>3yrs= 600mcg

4>8yrs=900mcg

9>13yrs=1700mcg

14>18yrs=2800mcg

19>older=3000mcg

Vitamin C is a water soluble.Vitamin C is an antioxidant that plays an important role in immune [function](#). It also helps prevent and/or even treat multiple health conditions .Vitamin C also helps with Iron absorption which is another essential vitamin.This vitamin also plays a major role with aiding wound healing.

Recommended Amount (Ages/Gender)

0>6m= (M)40mg(F)40mg

7>12m=(M)50mg(F)50mg

1>3yrs= (M)15mg(F)15mg

4>8yrs=(M)25mg(F)25mg

9>14yrs=(M)45mg(F)45mg

14>18yrs=(M)75mg(F)65mg

19>older=(M)90mg(F)75mg

Pregnancy 80mg Lactation 115mg

Vitamin C is best taken in the morning.

UPPER Intake

2000mg per day for adults

1>3yrs=400mg per day

4>8yrs=650mg per day

9>13yrs=1200mg per day