

Allergen Free Multivitamins

Supplement Name	Website	Serving Size	Mg of Calcium	IU of Vitamin D
Up & Up Kids Complete Multivitamin (Target brand)	www.target.com	Under 4 years of age: ½ chewable tablet 4 years of age and older: 1 chewable tablet	100 mg per tablet	600 IU per tablet
NanoVM Powder Multivitamin 1-3 years	www.solacenuitrition.com	2 scoops	700 mg	600 IU
NanoVM Powder Multivitamin 4-8 years	www.solacenuitrition.com	2 scoops	1000 mg	600 IU
VitaFlo FruitiVits Powder Multivitamin	www.vitaflousa.com	4 years of age and older: 1 packet	715 mg	520 IU
Buried Treasure Children's Daily Liquid Multivitamin and Mineral Supplement	www.buriedtreasureln.com	2 Tablespoons	200 mg	400 IU
Garden of Life Vitamin Code Kids	www.gardenoflife.com	Under 4 years of age: 1 chewable tablet 4 years of age and older: 2 chewable tablets	0 mg per tablet	400 IU per tablet

Note:

Always choose supplements with vitamin D3, **not** vitamin D2.