

Dietary Therapies for Epilepsy

Vitamin Options

Multivitamins

- 1) Centrum Adult Multivitamin
- 2) Kirkman Children's Multivitamin
<http://www.kirkmangroup.com/children-s-multi-vitamin-mineral-capsules-hypo-120-ct.html>
- 3) FruitiVits (0.5 grams carbohydrates per 6-gram sachet)
<https://www.nestlehealthscience.com/vitaflo/conditions/fruitivits> (Fax 631-693-2002)
- 4) Yummi Bears Sugar Free Vitamins
<http://www.vitacost.com/hero-nutritionals-yummi-bears-multi-vitamin-and-mineral-sugar-free-60-gummy-bears>
- 5) Disney Sugar-free MVI Gummies
<https://www.amazon.com/Disney-Sugar-Free-Complete-Multi-Vitamin-Gummies/dp/B00DZO6F66>

Calcium/Vitamin D

- 1) Nature Made Calcium/Mag/Zinc (333 mg Ca, 133 mg Mg, 5 mg zinc, 200 IU D3)
- 2) Carlson Super D for Baby drops (400 IU/drop)
- 3) Zarbee's Naturals Baby Vitamin D (400 IU/drop, with MCT)