

Vitamin and Mineral Supplements July 2021

Liquids

Name	Nutritional information		
<p><b>Well baby liquid</b> Babies (from 3 to 6 months): <b>2.5 ml (1/2 teaspoon) daily.</b> Infants (7 months to 5 years): <b>5ml (1 teaspoon) daily.</b> Allergens: Barley</p>		<p><b>per 5ml</b> Vitamin A (443 IU) 133 µg RE Vitamin D (280 IU) 10 µg Vitamin E 5 mg a-TE Vitamin C 30 mg Thiamin (Vit B1) 0.5 mg Riboflavin (Vit B2) 0.8 mg Niacin (Vit B3) 6 mg NE Vitamin B6 0.5 mg Folic Acid 80 µg Vitamin B12 1 µg Pantothenic Acid 2 mg Iron 4 mg Zinc 2.5 mg Copper 150 µg</p>	<p><b>NRV (%)</b> 17% 200% 42% 38% 45% 57% 38% 36% 40% 40% 33% 29% 25% 15%</p>
<p><b>Wellkid liquid 4+</b> 4 to 10 years: 1 teaspoonful (5ml) daily 11 to 12 years: 2 teaspoonfuls (10ml) daily 1 teaspoonful = approx. 5ml Allergens: Barley</p>		<p><b>per 5ml</b> Vitamin A (667 IU) 200 ug Vitamin D (400 IU) 10ug Vitamin E 5mg a-TE Vitamin C 10mg Thiamin (Vit B1) 0.7 mg Riboflavin (Vit B2) 0.8 mg Niacin (Vit B3) 8 mg NE Vitamin B6 0.8 mg Folic Acid 100 ug Vitamin B12 2.5 ug Pantothenic Acid 2 mg Iron 5 mg Zinc 4 mg Copper 150 ug Iodine 40 ug</p>	<p><b>NRV (%)</b> 25 200 42 12 64 57 50 57 50 100 33 36 40 15 27</p>
<p><b>Natures Aid</b> Kidz Multi-Vitamins &amp; Minerals 6y+ <b>5ml daily</b> Vegan Society Approved</p>		<p><b>Per 5ml</b> Vitamin A 400ug Vitamin D3 15ug Vitamin E 7mg Vitamin C 50mg Thiamine 0.6mg Riboflavin 0.6mg Folic Acid 200ug Vitamin B12 1.2ug Pantotenic Acid 3mg Calcium 100mg Zinc 5mg Iodine 75ug</p>	
<p><b>Nature's Aid Mini Drops Iron</b> Infants aged 3-6 months: Take half a ml per day added to juice or water. Infants and children aged 7 months to 5 years: Take 1ml per day, added to juice or water</p>		<p><b>Per 1ml</b> Iron 10mg Vitamin C 15mg Folic Acid 100ug Vitamin B12 1ug</p>	

<p><b>Abidec</b></p> <p>Allergens: contains peanut oil</p> <p><b>Prescribable</b></p>	<p><b>Per 0.6ml</b></p> <p>Retinol (as vit A palmitate) 1333 IU  Vitamin D2 400 IU  Thiamine (Vit B1) 0.4 mg  Riboflavin (Vit B2) 0.8 mg  Vitamin B6 0.8 mg  Nicotinamide 8 mg  Ascorbic acid (Vit C) 40 mg</p>																														
<p><b>Dalivit</b></p> <p>Dose: Infants from 6 weeks to one year : 0.3 ml daily (7 drops).  Older children, adults and elderly: 0.6 ml daily (14 drops) or as directed by the physician.</p> <p><b>Prescribable</b></p>	<p><b>Per 6 ml</b></p> <p>Vitamin A 5,000 IU  Vitamin D2 400 units  Vitamin B1 1 mg  Vitamin B2 400 mcg  Vitamin B6 500 mcg  Vitamin C 50 mg  Nicotinamide 5 mg</p>																														
<p><b>Haliborange Multivitamin Liquid 250ml</b></p> <p>Infants, 1 month to 4 months: <b>Half a 5 ml teaspoon daily.</b></p> <p>Infants, 4 months to 4 years: <b>One 5 ml teaspoon daily.</b></p> <p>Children and Adults 4 years and over: <b>Two 5 ml teaspoons daily</b></p>	<p><b>Per 5ml</b></p> <p>Vitamin A 200 µg  Vitamin D 3.5 µg  Vitamin E 2 mg  Vitamin C 25 mg  Thiamin 0.3 mg  Riboflavin 0.4 mg  Niacin 5 mg  Vitamin B6 0.35 mg  Pantothenic Acid 1.33 mg</p>																														
<p><b>Boots Kids Daily Health Multivitamins Orange</b></p> <p>Flavour - 200ml Syrup  6m+</p>	<table border="1"> <thead> <tr> <th></th> <th><b>Per 5 ml</b></th> <th><b>%NRV</b></th> </tr> </thead> <tbody> <tr> <td>Vitamin A</td> <td>233 µg RE</td> <td>29</td> </tr> <tr> <td>Vitamin D3</td> <td>10 µg</td> <td>200</td> </tr> <tr> <td>Vitamin E</td> <td>2 mg α-TE</td> <td>16.5</td> </tr> <tr> <td>Vitamin C</td> <td>25 mg</td> <td>31.5</td> </tr> <tr> <td>Thiamin (Vit B1)</td> <td>0.3 mg</td> <td>27.5</td> </tr> <tr> <td>Riboflavin (Vit B2)</td> <td>0.4 mg</td> <td>28.5</td> </tr> <tr> <td>Niacin (Vit B3)</td> <td>5 mg NE</td> <td>31.5</td> </tr> <tr> <td>Vitamin B6</td> <td>0.35 mg</td> <td>25</td> </tr> <tr> <td>Pantothenic Acid</td> <td>1.3 mg</td> <td>21.5</td> </tr> </tbody> </table>		<b>Per 5 ml</b>	<b>%NRV</b>	Vitamin A	233 µg RE	29	Vitamin D3	10 µg	200	Vitamin E	2 mg α-TE	16.5	Vitamin C	25 mg	31.5	Thiamin (Vit B1)	0.3 mg	27.5	Riboflavin (Vit B2)	0.4 mg	28.5	Niacin (Vit B3)	5 mg NE	31.5	Vitamin B6	0.35 mg	25	Pantothenic Acid	1.3 mg	21.5
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<p><b>Floradix</b></p> <p>Adults and children over 12 years: <b>10ml twice daily</b></p> <p>Children aged 6-12 years: <b>10ml once daily</b></p> <p>Children aged 3-5 years: <b>5ml once daily</b></p>	<table border="1"> <thead> <tr> <th></th> <th><b>Per 20ml</b></th> <th><b>%NRV</b></th> </tr> </thead> <tbody> <tr> <td>Vitamin C</td> <td>16mg</td> <td>20</td> </tr> <tr> <td>Thiamin</td> <td>1.6mg</td> <td>145</td> </tr> <tr> <td>Riboflavin</td> <td>1.8mg</td> <td>129</td> </tr> <tr> <td>Vitamin B6</td> <td>0.8mg</td> <td>57</td> </tr> <tr> <td>Vitamin B12</td> <td>1.2µg</td> <td>48</td> </tr> <tr> <td>Iron</td> <td>15.0mg</td> <td>107</td> </tr> </tbody> </table>		<b>Per 20ml</b>	<b>%NRV</b>	Vitamin C	16mg	20	Thiamin	1.6mg	145	Riboflavin	1.8mg	129	Vitamin B6	0.8mg	57	Vitamin B12	1.2µg	48	Iron	15.0mg	107									
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<p><b>Wellkid calcium Liquid</b></p> <p>Children (4-6 years) 10ml</p> <p>Children (7-12 years) 15ml</p> <p>Use with caution in children under 3 years as high levels of magnesium can cause osmotic diarrhoea</p>	<table border="1"> <thead> <tr> <th></th> <th><b>Per 10ml</b></th> <th><b>%RNI</b></th> </tr> </thead> <tbody> <tr> <td>Vitamin D3</td> <td>(280 IU) 7 µg</td> <td>140</td> </tr> <tr> <td>Calcium</td> <td>300 mg</td> <td>38</td> </tr> <tr> <td>Magnesium</td> <td>150 mg</td> <td>40</td> </tr> <tr> <td>Zinc</td> <td>3 mg</td> <td>30</td> </tr> <tr> <td>Copper</td> <td>0.25 mg</td> <td>25</td> </tr> </tbody> </table>		<b>Per 10ml</b>	<b>%RNI</b>	Vitamin D3	(280 IU) 7 µg	140	Calcium	300 mg	38	Magnesium	150 mg	40	Zinc	3 mg	30	Copper	0.25 mg	25												
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<b>Osteocare liquid</b>		<b>Per 10ml</b>	<b>% RNI</b>
Children (3-12 years) 2 teaspoons	Vitamin D3	(150 IU) 3.8 µg	38
	Calcium	300 mg	
	Magnesium	150 mg	
	Zinc	6 mg	
<b>Floradix Calcium</b>		<b>Per 20ml</b>	
	Calcium	200mg	

### Tablet/Sprays/Sprinkles/Patches

<b>Name</b>	<b>Nutritional information</b>		
<b>Haliborange Multivitamins Calcium and Iron</b>		<b>Per tablet</b>	<b>%NRV</b>
<b>3-12 years</b>	Vitamin A	400ug	50
One tablet per day	Vitamin D	2.5ug	50
Suitable for vegetarians	Vitamin E	5mg a-TE	42
Contains lactose / milk protein	Vitamin C	60mg	75
Chewable tablet but can also be crushed	Thiamin (Vit B1)	1.2 mg	109
	Riboflavin (Vit B2)	1.5 mg	107
	Niacin (Vit B3)	10 mg NE	63
	Vitamin B6	1.0 mg	71
	Calcium	160mg	20
	Iron	6 mg	43
<b>Boots Kids Daily Health A-Z Multivitamin and Minerals age 3-12 years</b>		<b>Per Tablet</b>	<b>%NRV*</b>
Strawberry & Vanilla Flavour.	Vitamin A	200 µg	25
Lactose free	Vitamin D3	10 µg	200
Chewable tablet but can also be crushed	Vitamin E	6 mg	50
	Vitamin K	30 µg	40
	Vitamin C	40 mg	50
	Thiamin (Vit B1)	0.7 mg	64
	Riboflavin (Vit B2)	0.8 mg	57
	Niacin (Vit B3)	11 mg	69
	Vitamin B6	1 mg	71
	Folic Acid	130 µg	65
	Vitamin B12	1.5 µg	60
	Biotin	30 µg	60
	Pantothenic Acid	3 mg	50
	Calcium	120 mg	15
	Magnesium	60 mg	16
	Iron	7 mg	50
	Zinc	5 mg	50
	Selenium	30 µg	55
	Chromium	30 µg	75
	Iodine	100 µg	67

<b>Chewy vites</b>	<b>Per Tablet</b>	<b>%NRV*</b>	
	<b>Vitamin A</b>	<b>800µg</b>	<b>100</b>
Aged 3: 1 Bear a day	<b>Vitamin D3</b>	<b>5µg</b>	<b>100</b>
	<b>Vitamin E</b>	<b>12 mg</b>	<b>100</b>
Aged 4 and older: 1-2 Bears a day	<b>Vitamin K</b>	<b>30 µg</b>	<b>40</b>
	<b>Vitamin C</b>	<b>20 mg</b>	<b>25</b>
Best taken with food	<b>Thiamin (Vit B1)</b>	<b>0.7 mg</b>	<b>64</b>
	<b>Riboflavin (Vit B2)</b>	<b>0.8 mg</b>	<b>57</b>
Vegan	<b>Niacin (Vit B3)</b>	<b>4mg</b>	<b>25</b>
	<b>Vitamin B6</b>	<b>0.7mg</b>	<b>50</b>
	<b>Folic Acid</b>	<b>200µg</b>	<b>100</b>
	<b>Vitamin B12</b>	<b>2.5 µg</b>	<b>100</b>
	<b>Biotin</b>	<b>50 µg</b>	<b>100</b>
	<b>Pantothenic Acid</b>	<b>3 mg</b>	<b>50</b>
	<b>Iodine</b>	<b>75µg</b>	<b>50</b>
<p><b>Paediatric Seravit</b> is a vitamin, mineral and trace element supplement for infants and children designed for use in the dietary management of restrictive therapeutic diets such as:</p> <ol style="list-style-type: none"> <li>1. Inborn errors of metabolism such as PKU, MSUD.</li> <li>2. Elimination diets.</li> <li>3. As a component of a modular feed.</li> </ol> <p><b>Prescribable</b></p>	<p>Vitamin A mcg 4200  Vitamin D3 mcg 55.5  Vitamin E mg α T.E. 21.4  Vitamin C mg 400  Vitamin K1 mcg 166  Thiamin mg 3.2  Riboflavin mg 4.4  Niacin mg 35  Niacin equivalent mg NE 35  Vitamin B6 mg 3.4  Folacin mcg 303  Vitamin B12 mcg 8.6  Biotin mcg 214  Pantothenic acid mg 17  Choline mg 350  Inositol mg 700  Minerals  Sodium mg &lt;20  mmol &lt;0.9  Potassium mg &lt;30  mmol &lt;0.8  Chloride mg &lt;20  mmol &lt;0.6  Calcium mg 2570  Phosphorus mg 1714  Magnesium mg 357  Trace Elements  Iron mg 69  Copper mg 4.6  Zinc mg 46  Manganese mg 4.6  Iodine mcg 332  Molybdenum mcg 351  Selenium mcg 137  Chromium mcg 137</p>		
<p><b>Nestle</b> Fruitivits is a low carbohydrate, powdered vitamin, mineral and trace element supplement with sweeteners. FruitiVits is for use in the dietary management of conditions requiring restricted therapeutic diets from 3 to 10 years of age</p> <p><b>Prescribable</b></p>	<p>A-Z including iodine  <a href="https://www.nestlehealthscience.co.uk/sites/default/files/2020-01/fruitivits_data_card.pdf">https://www.nestlehealthscience.co.uk/sites/default/files/2020-01/fruitivits_data_card.pdf</a></p>		

**SHS Phlexy-Vits** is a concentrated powdered vitamin, mineral and trace element preparation may be used as a component of restrictive, therapeutic diets, and has been designed to meet the micronutrient requirements of older children (from approximately 11 years) and adults. Phlexy-Vits forms part of the SHS Phlexy-10 system for use in the management of phenylketonuria.

Available as powder or tablets

**Prescribable**

A-Z including iodine  
<https://www.nutricia.co.uk/hcp/pim-products/phlexy-vits-sachets.html>

**PatchMD Kids MultiVitamin Plus™ Topical Patch**

	<b>Per patch</b>
Vitamin A	3mg RAE
Vitamin B1	250mcg
Vitamin B2 (Riboflavin)	250mcg
Vitamin B3 (Niacinamide)	400mcg
Vitamin B5	100mcg
Vitamin B6 (Pyridoxine)	200mcg
Vitamin B9 (Folate)	300mcg
Vitamin B12	6mcg
Vitamin B7 (as Biotin)	300mcg
Vitamin C	5mg
Vitamin D3	100mcg
Vitamin E	134mcg
Omega3 (as DHA)	1.5mg
Omega3 (as EPA)	1mg
Calcium	10mg
Iodine	100mcg
Magnesium	3mg
Zinc	3mg
Selenium	20mcg
Manganese	100mcg
Chromium	60mcg
Potassium	1mg
Molybdenum	22mcg
Choline	1mg
Inositol	1mg
Coenzyme Q10	500mcg
Lutein	300mcg