

Suggested supplements for children and teenagers

For assessments, specific formulas, recommendations, dosages and brands

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Supplement prescriptions for medical aid claims available

Age	Indications	Suggested supplements (Nutralite Brand)
2-6	Any one or more of the following problems: Low immunity (getting viral and other infections often), Attending crèche or day school (prevention) . Allergies, "picky eaters" Lethargic, Weight loss	Chewable multivitamin 1-2 per day Chewable Vitamin C, 1-2 per day Chewable iron 1-2 per day
	No health issues	Chewable Multivitamins
6-12	Any one or more of the following problems: Low immunity (getting viral and other infections often), Attending crèche or day school (prevention) . Allergies, "picky eaters" Lethargic, Weight loss	Chewable multivitamin 2 per day Chewable vitamin C 1 per day (2 per day during active infections) Chewable iron 2 per day Omega 3 fish oil (1 per day)
	Concentration problems, ADHD	Omega 3 Chewable multivitamin
	Asthma and frequent chest and lung infections	Chewable multivitamin 2 per day Chewable vitamin C 1 per day (2 per day during active infections) Lecethin E (chew one per day) Omega 3 fish oil (1 per day)
12-18	Low immunity, high stress, active lifestyle, bad eating habits, allergies, asthma and frequent infections	Daily multivitamin 1 per day Omega 3, Vitamin C plus 1 per day, (For lung problems Lecethin E or Selenium E) Cal Mg D 2 per day