

SUPPLEMENTS 101

— FOR KIDS —



YOUR COMPREHENSIVE GUIDE TO SUPPLEMENTS FOR KIDS

Get all of the information needed to fully understand which supplements kids should take for their conditions and which supplements should be avoided.

DR. LIVINGOOD



Supplements 101 For Kids

The nutrient breakdown below reflects doses similar to the Institute of Medicine dietary reference intakes for children. Some may be low and doses can be increased. For nutrients without allowances or **WHENEVER IN DOUBT GO BY WEIGHT**. If you are an adult you would take the full dose and if the child weighs 75% less than you, give them 25% of the dose. If they are half your size, give half the dose.

Ideally, a great healthy food diet is the first focus. Under the age of three not much needs to be done outside of a healthy breastfeeding mother, sunlight, healthy fats, and fruits and veggies. Around age 2-3 a good multi will cover most bases.

Kids supplements delivery systems are what often make them counterproductive. Rancid oils, synthetic vitamins, fillers, and LOTS OF ADDED SUGARS are common. The gummy may taste good but it delivers a small amount of nutrients and comes with more sugar. Powders can be a superior and easy way to get supplements into kids. ANY capsule can be opened for the powder. These can be put in a drink, smoothie, or added to food to hide unwanted tastes or hesitancy for kids taking supplements.



Here are common recommended daily allowances, and uses for different vitamins, minerals, and herbs. The amount consumed from food should be considered as to not overdose.

Immunity Support Nutrients

(Daily Needs Below Through Food OR Supplementation)

Vitamin C

Non-corn source and ideally includes bioflavonoids to help effectiveness.

Dose:

- Ages 1-3: 15 - 100mg
- Ages 4-8: 25 - 500mg
- Ages 9-13: 45 - 500mg
- Ages 14-18: 75 - 1000mg

Vitamin D3

Avoid vitamin D2. Take with magnesium and Vitamin K2, at minimum. Must be eaten with fat to absorb.

Dose:

- Ages 1-3: 400 - 600ius
- Ages 4-8: 400 - 1000ius
- Ages 9-13: 400 - 2000ius
- Ages 14-18: 400 - 4000ius

Zinc

Enhances vitamin D absorption and acidic foods help absorb it.

Dose:

- Ages 1-3: 3mg
- Ages 4-8: 5mg
- Ages 9-13: 8mg
- Ages 14-18: 10mg

Quercetin

Helps absorb vitamin C and fight colds and viruses.

Dose:

- Ages 1-3: 10mg
- Ages 4-8: 10 - 20mg
- Ages 9-13: 20 - 50mg
- Ages 14-18: 50 - 200mg



Silver Serum

Inserted into the structure of the water. 10 - 20ppm strength. For skin, eye, nose, ear, and throat infections.

Dose:

- 1 - 2 sprays twice a day on infected areas or taken orally. **NOTE: Ideally not longer than 14 days at a time.**

Probiotics

Non-dairy form and with prebiotics and probiotics (optional)

Dose:

- Ages 0-1: Nursing mother take 2 billion+ per day
- Ages 1-3: 100,000 - 500,000 cfus
- Ages 4-8: 100,000 - 1,000,000 cfus
- Ages 9-13: 1,000,000 - 5,000,000 cfus
- Ages 14-18: 2,000,000 - 25,000,000 cfus

Digestive Support Nutrients

(Daily Needs Below Through Food OR Supplementation)

Probiotics

Non-dairy form and with prebiotics and probiotics (optional)

Dose:

- Ages 0-1: Nursing mother take 2 billion+ per day or put a little powder on mom's pinky and place in babies mouth
- Ages 1-3: 100,000 - 500,000 cfus
- Ages 4-8: 100,000 - 1,000,000 cfus
- Ages 9-13: 1,000,000 - 5,000,000 cfus
- Ages 14-18: 2,000,000 - 25,000,000 cfus

Digestive Enzymes

Multi food-based enzyme blend.

Dose:

- Ages 1-3: 25 - 50mg
- Ages 4-8: 50 - 100mg
- Ages 9-13: 100 - 200mg
- Ages 14-18: 200+mg



Magnesium

Taking with an acidic food helps absorption. Relaxes muscles and reduces cramping. Get healthy doses from food. Add 1 cup of Epsom salts to a warm bath to help sore muscles or skin. In supplement form, use:

Dose:

- Ages 1-3: 80mg
- Ages 4-8: 130mg
- Ages 9-13: 240mg
- Ages 14-18: 400mg

Bone Support Nutrients

(Daily Needs Below Through Food OR Supplementation)

Calcium

Don't overdo it and be sure to take with vitamin D3 and K2. Get a majority from food.

Dose:

- Ages 1-3: 25 - 100mg
- Ages 4-8: 25 - 200mg
- Ages 9-13: 50 - 400mg
- Ages 14-18: 100 - 600mg

Vitamin K2

Helps regulate the calcium in blood.

Dose:

- Ages 1-3: 10 - 50mcg
- Ages 4-8: 20 - 70mcg
- Ages 9-13: 40 - 80mcg
- Ages 14-18: 75 - 200mcg

Vitamin D3

Avoid vitamin D2. Take with magnesium and Vitamin K2 at minimum. Must be eaten with fat to absorb.

Dose:

Ages 1-3: 400 - 600ius
Ages 4-8: 400 - 1000ius
Ages 9-13: 400 - 2000ius
Ages 14-18: 400 - 4000ius



Allergy Support Nutrients

(Daily Needs Below Through Food OR Supplementation)

Digestive Enzymes

Multi food-based enzyme blend. Helps break down proteins in pollen and food before they pass through the gut wall and trigger an allergic response.

Dose:

- Ages 1-3: 25-50mg
- Ages 4-8: 50 - 100mg
- Ages 9-13: 100 - 200mg
- Ages 14-18: 200+mg

Quercetin

Research shows this flavonoid turns off some of the mast cells involved in allergic responses. For short term use at higher doses.

Dose:

- Ages 1-3: 10 - 30mg
- Ages 4-8: 20 - 50mg
- Ages 9-13: 50 - 200mg
- Ages 14-18: 200 - 600mg

Vitamin D3

There's an established association between low D levels and asthma. Avoid vitamin D2. Take with magnesium and Vitamin K2 at minimum. Must be eaten with fat to absorb.

Dose:

- Ages 1-3: 400 - 600ius
- Ages 4-8: 400 - 1000ius
- Ages 9-13: 400 - 2000ius
- Ages 14-18: 400 - 4000ius

Nettles

This natural antihistamine should be taken as soon as any allergy symptoms appear.

Dose:

- Ages 1-3: 20 - 50mg
- Ages 4-8: 50 - 100mg
- Ages 9-13: 100 - 200mg
- Ages 14-18: 200 - 600mg





Mental Health Support Nutrients

(Daily Needs Below Through Food OR Supplementation)

Omega 3's (EPA and DHA)

Essential Fatty Acids (fish, flaxseed, borage, and evening primrose oils). Proceed with caution in fish if there is an allergy. Flax seed is a good option.

Doses:

- Ages 1-3: 50 - 100mg
- Ages 4-8: 50 - 200mg
- Ages 9-13: 100 - 250mg
- Ages 14-18: 250 - 750mg

B Vitamins

Folic acid, B6, and B12 help create neurotransmitters and serotonin, and all of the Bs are key components in nervous-system development. Shortages can result in low-grade anxiety, depression, and insomnia. Also, studies show autistic children don't properly metabolize B vitamins.

Folic Acid

Dose:

- Ages 1-3: 150mcg
- Ages 4-8: 200mcg
- Ages 9-13: 300mcg
- Ages 14-18: 400mcg

Thiamin

Dose:

- Ages 1-3: 0.5mg
- Ages 4-8: 0.6mg
- Ages 9-13: 0.9mg
- Ages 14-18: 1.1mg

Riboflavin

Dose:

- Ages 1-3: 0.5mg
- Ages 4-8: 0.6mg
- Ages 9-13: 0.9mg
- Ages 14-18: 1.1mg

Niacin

Dose:

- Ages 1-3: 6mg
- Ages 4-8: 8mg
- Ages 9-13: 12mg
- Ages 14-18: 15mg

Vitamin B6

Dose:

- Ages 1-3: 0.5mg
- Ages 4-8: 0.6mg
- Ages 9-13: 1.0mg
- Ages 14-18: 1.3mg

Vitamin B12

Dose:

- Ages 1-3: 0.9mcg
- Ages 4-8: 1.2mcg
- Ages 9-13: 1.8mcg
- Ages 14-18: 2.4mcg

Pantothenic Acid

Dose:

- Ages 1-3: 2mg
- Ages 4-8: 3mg
- Ages 9-13: 4mg
- Ages 14-18: 5mg

Biotin

Dose:

- Ages 1-3: 8mcg
- Ages 4-8: 12mcg
- Ages 9-13: 20mcg
- Ages 14-18: 25mcg



Sleep and Mental Health Support Nutrients

(Daily Needs Below Through Food OR Supplementation)

Magnesium

Taking with an acidic food helps absorption. Get healthy doses from food. Or through 1 cup Epsom salt in a bath. Calms the nervous system, reduces irritability and nervous twitches, and helps promote sleep.

Dose:

- Ages 1-3: 40 - 80mg
- Ages 4-8: 50 - 130mg
- Ages 9-13: 100 - 240mg
- Ages 14-18: 200 - 400mg

Chamomile

This calming herb has a mild sedative effect. Tea or supplement form.

Dose:

- Ages 4-8: 25 - 50mg
- Ages 9-13: 50 - 100mg
- Ages 14-18: 100 - 200mg

GABA

Calming neurotransmitter supplement.

Dose:

- Ages 4-8: 50 - 75mg
- Ages 9-13: 75 - 100mg
- Ages 14-18: 100 - 200mg

Melatonin

For better sleep. Ideally not for long term use.

Dose:

- Ages 4-8: 500mcg - 1mg
- Ages 9-13: 1mg - 2mg
- Ages 14-18: 1mg - 3mg



Main Minerals

(Daily Needs Below Through Food OR Supplementation)

Chromium

Helps regulate blood sugar, which reduces food cravings.

Daily Needs:

- Ages 1-3: 11mcg
- Ages 4-8: 15mcg
- Ages 9-13: 23mcg
- Ages 14-18: 30mcg

Iron

Blood, tissue, and energy formation.

Daily Needs:

- Ages 1-3: 7mg
- Ages 4-8: 8mg
- Ages 9-13: 8mg
- Ages 14-18: 11mg

Potassium

Energy and fluid balance especially important for active kids. Get most of it through food with green veggies and fruit.

Daily Needs:

- Ages 1-3: 3000mg
- Ages 4-8: 3800mg
- Ages 9-13: 4500mg
- Ages 14-18: 4700mg

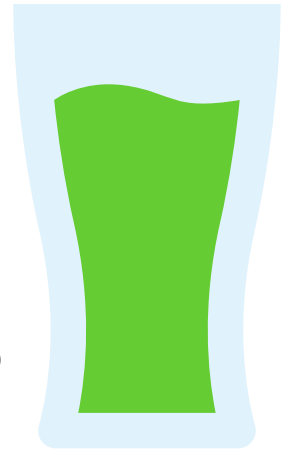


BONUS Drink Recipes

NOTE: For scoops of nutrients, keep in mind the scoop is for a 150+ pound kid or adult. Adjust for each recipe as needed. If you are an adult you would take the full dose and if the child weighs 75% less than you, give them 25% of the dose/scoop. If they are half your size, give half the dose/scoop.

Supplement Smoothie Recipe | Serves 2

- 1.5 cups almond milk (or full-fat coconut milk or milk of choice)
- 1/2 cup spinach
- 1/2 frozen banana
- 2 cups frozen strawberries (or combination of berries)
- 1/2 cup frozen cherries (ideally acerola cherry) (optional)
- **Other Fruits Optional
- 1 scoop [Livingood Daily Collagen + Multi Vanilla](#)
- 1/2 scoop [Livingood Daily Greens + Superfoods Berry](#) (optional)
- Add a little water (or milk) at a time until desired consistency
- Optional add-ins: 1 tbsp chia seeds, 1 tbsp flax seeds, and 1 Broken Open Vitamin D capsule



Immunity Drink Recipe | Serves 1

- 1/2 scoop [Livingood Daily Vitamin C + Quercetin](#)
- 1/4 - 1/2 scoop [Livingood Daily Pre + Pro + Post Biotics Blend](#)
- 1/2 [Livingood Daily Vitamin D + Immune Complex](#) (opened and poured in—save the other half for later or use yourself)
- Water or Sparkling Water
- Ice
- A [fun straw](#)!

Rehydration Drink Recipe | Serves 1

- 1/2 scoop [Livingood Daily Electrolytes + Energyze \(Strawberry Lemonade\)](#) or [1/2 scoop Livingood Daily Electrolytes + Energyze \(Lemon + Lime\)](#)
- 1/2 scoop [Livingood Daily Greens + Superfoods Berry](#)
- Optional: 1/4 scoop [Livingood Daily Pre + Pro + Post Biotics Blend](#)
- Water or Sparkling Water
- Ice
- A [fun straw](#)!

Dr. Livingood's Recommendations

Click on a supplement to visit the store page!

Daily Supplements



Support Sleep and Mental Health



Support Allergies



Support Immunity



Support Headaches

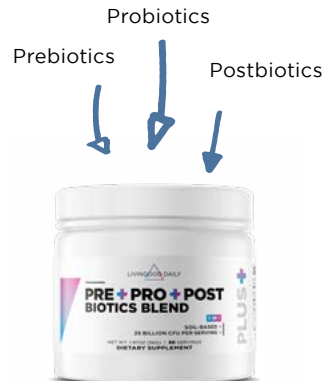
Omega 3 and Turmeric for pain relief



Dr. Livingood's Recommendations (Continued)

Click on a supplement to visit the store page!

Support Digestion



Healthy Protein

Milk Thistle + Glucomannan for blood sugar support



Support Bone Health



Support Immunity





DISCLAIMER: *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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