

# Children's vitamins in practice

What a child is actually short of, how to read a gummy label and what to watch out for. A short guide for parents who want to choose knowingly.



BestLab information leaflet. A food supplement is not a medicine.

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*„Every parent struggles with the challenge of feeding children well, because combining the natural fussiness of small children with a complete diet borders on a miracle. The right level of vitamins in the diet plays an important part in the normal functioning of the body.“*

**Olga Grech and Jakub Mauricz**

Authors of the Best4Kids formula

# 1 Why we are discussing supplements for children at all

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Let us start honestly: a child who eats varied food, spends time outdoors and sleeps as much as they should usually does not need supplements. That is the starting point, not an excuse for a manufacturer.

Practice, however, can look different. Fussy eating in small children is a normal developmental stage, not a whim. The broccoli ends up under the napkin, the fish is suspicious and dinner finishes in a draw.

Then there is vitamin D. In the UK, from autumn to spring, the sun is not strong enough for the skin to make it, and it is hard to cover the requirement from food. This is the one ingredient where supplementation in children is widely recommended regardless of diet.

## 2 How to read a gummy label

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Vitamin gummies are the shelf where it is easiest to overpay for sugar in the shape of a bear. Below are four things that separate a supplement from a sweet.

### 1 Whether there is vitamin D and how much

This is the most important line on the label at our latitude. Check whether it is there at all and in what amount, not just whether it appears on the front of the box.

### 2 The forms of the B vitamins

Methylcobalamin instead of cyanocobalamin, 5-methyltetrahydrofolate instead of ordinary folic acid, pyridoxal 5-phosphate instead of pyridoxine hydrochloride. These are ready-to-use forms, without the conversion step.

### 3 Where the sweetness and the colour come from

Check whether the sweetness comes from fruit juice concentrate or from glucose-fructose syrup, and whether the colour comes from vegetables and fruit or from colourings.

### 4 Vitamin K2 alongside vitamin D

This is a pair that rarely appears together in children's products, and it is worth noting when comparing compositions.

### 3 What is in this formula

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Best4Kids is not just a set of vitamins. Alongside them the composition contains fruit extracts and an enzyme worth knowing about.

- **Vitamin D3, 1000 IU:** the highest item in the formula in terms of covering the reference value.
- **Vitamin K2 MK7:** appears alongside vitamin D, which is rare in children's gummies.
- **Active B-group forms:** methylcobalamin, 5-MTHF and pyridoxal 5-phosphate.
- **Bromelain from pineapple, 225 mg:** an enzyme derived from pineapple, the largest single ingredient in the gummy.
- **Fruit extracts:** chokeberry, cranberry, pomegranate and rose hip, the last standardised to 50 percent ascorbic acid.

### 4 How to give it properly

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|                |                  |
|----------------|------------------|
| <b>Serving</b> | One gummy a day. |
|----------------|------------------|

|             |              |
|-------------|--------------|
| <b>When</b> | With a meal. |
|-------------|--------------|

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| <b>Consistency</b> | Every day. Especially in the season from autumn to spring. |
|--------------------|------------------------------------------------------------|

|                |                                                      |
|----------------|------------------------------------------------------|
| <b>Storage</b> | Room temperature, dry, away from moisture and light. |
|----------------|------------------------------------------------------|

|             |                                     |
|-------------|-------------------------------------|
| <b>Pack</b> | 30 gummies, meaning a month of use. |
|-------------|-------------------------------------|

Giving it with a meal is not accidental. Vitamins A, D, E and K dissolve in fat, so the presence of food improves their absorption. A gummy taken on an empty stomach will work less well.

#### Important for the parent

- **One gummy a day and not one more.** Gummies taste like sweets, so keep the pack out of the child's reach.
- With vitamins A and D an excess is not harmless, because the body stores them.
- If your child takes other products containing vitamin D, add up the doses before adding another.

## 5 A straight talk about sugar

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Every parent reaching for vitamin gummies asks themselves this question, and rightly so. A gummy has to be sweet, otherwise the child will not eat it, and a product the child refuses is useless.

It is worth knowing where that sweetness comes from. In this formula the base is **apple concentrate and apple puree**, and the gelling agent is citrus pectin. The colour comes from carrot and blackcurrant concentrate, and the flavour from natural raspberry flavouring.

That does not mean the gummy is sugar free. It means the sugar comes from fruit rather than from glucose-fructose syrup, and that there are no artificial colourings. At one a day, that difference matters.

## 6 Five most common mistakes

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### 1 Treating gummies like sweets

One a day. A pack left within the child's reach is asking for trouble.

### 2 Giving it on an empty stomach

Vitamins A, D, E and K need fat from a meal to be absorbed well.

### 3 Doubling up on vitamin D

If the child gets separate vitamin D drops, add up the total dose.

### 4 Using it only when the child is ill

This is not a product for occasional use. It makes sense as a regular complement to the diet, especially in the autumn and winter season.

### 5 Replacing vegetables and fruit with gummies

A supplement complements a diet, it does not replace it. That sentence is not a formality.

## 7 Questions we are asked most often

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### **How many gummies a day?**

One, with a meal. Do not exceed the recommended daily portion.

### **Do the gummies contain artificial colourings?**

No. The colour comes from carrot and blackcurrant concentrate, and the flavour from natural raspberry flavouring.

### **Where does the sweetness come from?**

From apple concentrate and apple puree, which form the base of the gummy.

### **Is there vitamin D in the composition?**

Yes, 1000 IU in one gummy, which corresponds to 500 percent of the nutrient reference value. The formula also contains vitamin K2 MK7.

### **My child already takes other vitamins. Can I combine them?**

Add up the doses, especially vitamins A and D, because the body stores them. If in doubt, consult a doctor or pharmacist.

### **Where are BestLab supplements made?**

In Poland, in facilities meeting high quality standards. Every batch is tested in the independent JS Hamilton laboratory.

## 8 Best4Kids composition

Content per recommended daily portion, one gummy.

|                                    |                |
|------------------------------------|----------------|
| Bromelain from pineapple           | 225 mg         |
| Chokeberry extract                 | 50 mg          |
| Cranberry fruit extract            | 50 mg          |
| Choline (B4)                       | 25 mg          |
| Niacin (B3)                        | 15 mg (94%)    |
| Pomegranate fruit extract          | 10 mg          |
| Rose hip fruit extract             | 10 mg          |
| Vitamin E                          | 8 mg (67%)     |
| Inositol (B8)                      | 7 mg           |
| Calcium D-pantothenate (B5)        | 5 mg (83%)     |
| Pyridoxal 5-phosphate (B6)         | 5 mg (357%)    |
| Para-aminobenzoic acid (B10)       | 5 mg           |
| Thiamine hydrochloride (B1)        | 2.5 mg (227%)  |
| Riboflavin 5-sodium phosphate (B2) | 2.5 mg (179%)  |
| Vitamin A                          | 2000 IU (75%)  |
| Vitamin D3                         | 1000 IU (500%) |
| Folate as 5-MTHF (B9)              | 200 µg (100%)  |
| Methylcobalamin (B12)              | 50 µg (2000%)  |
| Vitamin K2 MK7                     | 50 µg (63%)    |

### Gummies per pack

30

Figures in brackets are the percentage of the Nutrient Reference Value. Pack contents: 30 gummies. Ingredients: apple juice concentrate, apple puree, water, bromelain, pomegranate extract standardised to 20% punicalagins, chokeberry extract, cranberry fruit extract, rose hip fruit extract standardised to 50% ascorbic acid, gelling agent: citrus pectin, citrus fibre, B-group vitamins, citric acid, vitamin E, acidity regulator: sodium citrate, natural raspberry flavouring, concentrate (carrot, blackcurrant), vitamin A, vitamin K2 MK7, vitamin D3, glazing agent: carnauba wax.

### Authorised health claims for the ingredients of this product

- Vitamin D is needed for the normal growth and development of bone in children.
- Vitamin D contributes to the normal function of the immune system.
- Vitamin A contributes to the maintenance of normal skin.
- Vitamin E contributes to the protection of cells from oxidative stress.
- Vitamin B6 contributes to the normal functioning of the nervous system.
- Niacin contributes to the reduction of tiredness and fatigue.

A food supplement is not a medicine and must not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important for the functioning of the body. Do not exceed the recommended daily portion. Do not use in case of hypersensitivity to any of the ingredients. Pregnant and breastfeeding women should consult a doctor before use. Keep out of the reach of small children.

### BEST LAB SP. Z O.O.

ul. Grzybowska 87, 00-844 Warsaw, Poland  
VAT PL5272991208 · KRS 0000956521  
tel. +48 793 787 737 · EAN 5904917029633

### UK distributor

13TH FLOOR LTD  
Coventry, United Kingdom  
VAT GB394920268 · Company no. 13715742

