



Transformers Gummie Multivitamins

Quest Transformers Gummie Multivitamins is a fun, great-tasting chewable multivitamin supplement that kids will love. Each bottle of Transformers gummies contains three exciting colours, three delicious natural flavours, and three amazing characters: Optimus Prime, Bumblebee, and Autobot Shield. Quest continues its tradition of being Mom's partner in family health, and the Transformers Gummie Multivitamins will not only help keep children's immune system healthy, but they can also help create healthy habits that continue through the teen years and into adulthood.

PRODUCT CODE:
338034 (60 gummies)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain good health. Helps normal growth and development.	Gummies	Children 2 to 8 years take 1 gummie per day. Adults and adolescents 9 years and older take 1 to 2 gummies per day.

DESCRIPTION:

Each fun, great-tasting chewable gummie of Quest Transformers Gummie Multivitamins contains 1250 IU of Vitamin A (palmitate), 9 mg of Niacin (vitamin B3), 100 mcg of Folate (folic acid), 1 mg of Vitamin B6 (pyridoxine HCl), 0.5 mcg of Vitamin B12 (cyanocobalamin), 30 mg of Vitamin C (ascorbic acid), 100 IU of Vitamin D (cholecalciferol), 7.5 IU of Vitamin E (d-alpha-tocopheryl acetate), and 75 mcg of Biotin.

This product does not contain artificial colours, flavours, or preservatives.

Recommended Daily Allowance: Dosage for each nutrient in this formula varies, depending on age.

Food Sources: Vitamin A: Liver, eggs, butter, dairy products. Niacin (vitamin B3): Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains. Folate (folic acid): Dark green leafy vegetables, liver, brewer's yeast, legumes, asparagus, broccoli, wheat germ, whole grains. Vitamin B6: Nuts and seeds, legumes, wheat germ, whole grains, bananas, potatoes, salmon, herring, liver, meat, poultry, eggs. Vitamin B12: Liver, kidney, beef, herring, mackerel, eggs, fish, cheese. Vitamin C: Fruits and vegetables, especially Brussels sprouts, collards, kale, parsley, tomatoes, sweet peppers, watercress, black currants, oranges, lemons, strawberries. Vitamin D: Sunlight, fatty fish, eggs, fortified milk. Vitamin E: Vegetable oils, nuts, whole grains, wheat germ, eggs, butter, liver, dark green leafy vegetables. Biotin: Egg yolks, liver.

Causes of Deficiency Vitamin A: Inadequate dietary intake, bile acid or pancreatic deficiency, liver disease, zinc deficiency. Niacin (vitamin B3): Poor diet. Folate (folic acid): Alcoholism, some drugs, a diet deficient in vegetables. Vitamin B6: Poor diet, some oral contraceptives, alcoholism, tobacco and air pollutants, stress. Vitamin B12: Strict vegetarian (vegan) diet, inadequate secretion of intrinsic factor. Vitamin C: Poor diet. Vitamin D: Poor diet, inadequate exposure to sunlight. Vitamin E: Poor diet, Crohn's disease, celiac disease, cystic fibrosis. Biotin: Rare; prolonged consumption of raw egg whites.

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Symptoms of Deficiency

Vitamin A: Night blindness, dry eyes, eye infection, skin problems, slowed growth, reproductive failure, susceptibility to infection and disease (weak immune system). Niacin (vitamin B3): Apprehension, irritability, depression. Folate (folic acid): Anemia, irritability, weakness, insomnia, depression, poor growth, diarrhea, gingivitis, memory problems, loss of appetite, fatigue, shortness of breath, neural tube defects in infants. Vitamin B6: Depression, glucose intolerance, anemia, impaired nerve function, cracks in the corners of the mouth, eczema. Vitamin B12: Impaired nervous system function, impaired mental function, pernicious anemia. Vitamin C: Bleeding gums, easy bruising, fragile bones, poor wound healing, susceptibility to infection, hysteria, depression. Vitamin D: Rickets, osteomalacia, osteoporosis, joint pain. Vitamin E: Nerve damage, muscle weakness, poor coordination, haemolytic anemia, damage to the retina. Biotin: Hair loss; red scaly rash around eyes, nose, mouth, and genital area; depression; lethargy; hallucinations; numbness and tingling in extremities.

Complimentary Nutrients

Vitamin A: Zinc, vitamin E. Niacin (vitamin B3): Other B vitamins, tryptophan. Folate (folic acid): Vitamin B12, vitamin B6, SAM-e, choline. Vitamin B6: Other B vitamins, especially B2; magnesium; zinc. Vitamin B12: Folic acid, vitamin C, vitamin E. Vitamin C: Bioflavonoids, vitamin E, selenium, beta-carotene. Vitamin D: Calcium. Vitamin E: Selenium, vitamin E is necessary for the conversion of vitamin B12 to its most active form. Biotin: A healthful diet.

HOW IT WORKS:

Multivitamin supplements provide a balanced dose of basic vitamins in amounts that pose little or no risk of overdosing any one nutrient.

Some children are picky eaters, and in our fast-paced world, with busy schedules and fast-food temptations, children may not always get all the nutrients needed for a strong immune system and to maintain good health.

Vitamin A: Plays a role in the immune system and in the formation of healthy epithelial tissue. An antioxidant, it protects against cellular damage that can lead to cancer.

Niacin (vitamin B3): Functions in the body as a component in the coenzymes NAD and NADP. Plays an important role in energy production; fat, cholesterol, and carbohydrate metabolism; and the manufacture of many body compounds, including sex and adrenal hormones.

Folate (folic acid): Vital to healthy cell division and replication, especially the lining of the gastrointestinal tract, the skin, and bone marrow (where blood cells are formed). Also acts as a coenzyme for neurotransmitters, and is important to the healthy functioning of the immune system.

Vitamin B6: Involved in the metabolism of amino acids and essential fatty acids, and is therefore required for the proper growth and maintenance of all body functions.

Vitamin B12: Involved in the production of DNA, red blood cells, and the myelin sheath that surrounds nerve cells. Also speeds the conduction of signals along nerve cells. For proper absorption of B12, the stomach produces a digestive secretion called intrinsic factor.

Vitamin C: An antioxidant and immune-enhancing vitamin.

Vitamin D: Stimulates the absorption of calcium and has anti-cancer properties.

Vitamin E: Protects the fatty tissues of the body. Protects against toxic substances.

Biotin: A B vitamin that is involved in the biosynthesis of fatty acids and energy production.

