



NATURE'S SUNSHINE

Children's MultiVitamin & Mineral

Vegan

Non-GMO

Gluten Free

Dairy Free

Soy Free

GOOD FOR

Immune System

Musculoskeletal System

Nervous System

SIZE 90 gummies

ITEM # 23589

SERVING 1-2

SUPPLY 45-90 days

DIRECTIONS FOR USE Children age 2-3: Chew one (1) gummy per day. Age 4+: Chew two (2) gummies per day.

— How the Key Ingredients Work

This carefully balanced blend of vitamins and minerals gives growing bodies the everyday building blocks they need — supporting energy, immunity, healthy development, and so much more. Each ingredient was chosen because it plays a real, well-researched role in how kids' bodies work and thrive.

Vitamin A — Think of vitamin A as the vision vitamin — it helps eyes adjust to low light and supports healthy sight. It also plays a big role in keeping the immune system ready and helping the body maintain healthy skin and tissues. It even helps the body use iron properly, which is important for keeping energy levels up.

Vitamin C — Vitamin C is one of the body's best friends when it comes to fighting off bugs and bouncing back quickly. It helps the body build collagen — the material that holds skin, bones, and tissues together — and makes it easier to absorb iron from food. It's a powerful antioxidant that helps protect cells from everyday wear and tear.

Vitamin D — Often called the sunshine vitamin, vitamin D is essential for building strong bones and teeth by helping the body absorb calcium. It also plays a key role in keeping the immune system balanced and functioning well. Many kids don't get enough from sunlight alone, making it one of the most important nutrients to include in a daily supplement.

Vitamin B6 — Vitamin B6 is a hardworking helper that supports the brain and nervous system. It's involved in making the feel-good brain chemicals that help kids stay calm, focused, and in a good mood. It also helps the body build healthy red blood cells and supports a steady, well-functioning metabolism throughout the day.

Folate (Vitamin B9) — Folate is essential for healthy cell growth and the production of new red blood cells — making it especially important during the rapid growth years of childhood. It helps the body make and repair DNA, supports healthy brain function, and plays a role in keeping the nervous system running smoothly day after day.

Vitamin B12 — Vitamin B12 keeps the nervous system healthy and helps the body produce red blood cells that carry oxygen to every part of the body. It works closely with folate to support healthy development and energy. Low B12 can leave kids feeling tired and foggy, so keeping levels topped up is key for staying sharp and energetic.

Vitamin B5 (Pantothenic Acid) — Pantothenic acid — sometimes called the 'energy vitamin' — is a key player in turning the food kids eat into usable fuel for the body. It supports the production of important hormones and helps the body handle everyday stress. Without enough B5, the body simply can't run its energy-making processes efficiently.

Iodine — Iodine is a trace mineral the thyroid gland depends on to make the hormones that regulate growth, metabolism, and brain development. Getting enough iodine during childhood is especially important for healthy cognitive development and keeping energy levels steady. Deficiency can leave kids feeling sluggish and mentally foggy.

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