

Vitamin and mineral supplements for children and young people

Dietetics and Nutrition

Information for Patients

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What are vitamins and minerals?

Our body needs vitamins and minerals to help it work properly and stay healthy. They usually come from the foods we eat. Most people can get all the vitamins and minerals they need from a varied, balanced diet. Although some children and young people need to take a supplement. This is covered later in the leaflet.

What are the recommendations?

Babies who are breastfed should be given a daily vitamin D supplement from birth (8.5 to 10 micrograms a day).

Babies who are having more than 500ml of infant formula a day should **not** be given vitamin supplements.

All children aged 6 months to 5 years having less than 500ml infant formula should be given a daily supplement containing vitamins A, C and D.

Does my child need a multivitamin (supplement)?

Although the recommendations do not state that children over 5 years old need to take a daily vitamin, the dietitian may recommend that your child takes a multivitamin.

This could be because they

- have a restricted diet,
- are at risk of vitamin or mineral deficiencies due to their condition, allergies or other dietary needs.

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Choosing a vitamin

Your dietitian can help you choose the right over the counter multivitamin. The following table covers the common vitamin and mineral supplements. This may help in choosing the right one based on your child's

- age,
- preferences,
- dietary needs.

This is not an complete list and other suitable products will be available.

Healthy Start

Healthy Start provides pregnant women and low income families with free vitamins and vouchers. These can be used to buy milk, fruit, vegetables and infant formula milk.

You could qualify if you receive benefits and have a child under 4 years old. To ask for an application form, visit www.healthystart.nhs.uk or call 0845 6076823.

Healthy start vouchers can be used to collect vitamins from local children's or health centres. The healthy start vitamin drops contain vitamins A, C and D.

Name	Age	Vitamin D	Also contains	Dietary information	Cost per recommended daily dose
Abidec Multivitamin Drops	0 to 12 years	10 microgram	A, C, B1, B2, B6, B3,	Contains peanut oil	1 to 12yrs = £0.14 Under 1yrs= £0.07
Wellbaby Multi-vitamin drops	4 to 12 months	10 microgram	A, C, E, B1, B2, B3,B6, B7, B9 folic acid, B12, iron , zinc, copper, l-lysine, malt extract	Contains barley, suitable for vegetarians	£0.20
Wellbaby Multivitamin liquid	6 months to 4 years	10 microgram	A,C E, B1, B2, B3,B6, B9 folic acid, B12, iron , zinc, copper	Contains barley, suitable for vegetarians	£0.19
Bassets strawberry flavour (chewable)	3 to 6 years	5 microgram	A, C, B6, E	Not suitable for vegetarians	£0.16
Boots Kids A-Z Multivitamin + Minerals Chewable tablets	3 to 12 years	10 microgram	A, C, K, B1, B2, B3, B6, B7, B9, B12, folic acid, calcium , magnesium, iron , zinc, selenium, chromium, iodine	Suitable for vegetarians	£0.13
Haliborange multivitamin softie	3 to 12 years	2.5 microgram	A, C, Flaxseed oil, E, B3, B5, B6, B12	Not suitable for vegetarians	£0.20
Tesco Children's chewable multivitamins plus minerals	3 years+	10 microgram	A, C, E, K, B1, B2, B3, B6, B7, B9, B12, folic acid, iodine, zinc	Suitable for vegetarians	£0.04
ASDA Kids Multivitamin Jellies	3 years+	5 microgram	A, C, B6	Not suitable for vegetarians	£0.10
Sainsburys Kids Chewable Multivitamin & Minerals	3 years+	10 microgram	A, C, E, K, B1, B2, B3, B6, B7, B9, folic acid, C, iron , iodine, zinc	Suitable for vegetarians	£0.03

Name	Age	Vitamin D	Also contains	Dietary information	Cost per recommended daily dose
Wellkid multivitamin smart chewable	4 to 12 years	10 microgram	A, C, Flaxseed oil, E, B1, B2, B3, B6, B7, B9, folic acid, magnesium, iron , zinc, copper, manganese, selenium, chromium, iodine	Suitable for vegetarians, contains soya	£0.23
Wellkid multivitamin liquid	4 to 12 years	10 microgram	A, C, Malt extract, E, B1, B2, B3, B6, B9 folic acid, B12, iron , zinc, copper, iodine	Suitable for vegetarians	Ages 4-10yrs = £0.23 Ages 11-12yrs = £0.46
Bassets multivitamins (soft and chewies)	7 to 11 years	5 microgram	A, C, B2, B6, B12, E	Not suitable for vegetarians	£0.17
Boots A-Z Tablet	12 years+	5 microgram	A, C, E, K, B1, B2, B3, B6, B7, B9, B12, folic acid, calcium , magnesium, iron , zinc, copper, manganese, selenium, chromium, molybdenum, iodine	Suitable for vegetarians	£0.07
ASDA A-Z multivitamins and minerals	12 years+	10 microgram	A, C, E, K, B1, B2, B3, B5, B6, B7, B12, calcium , magnesium, iron , folic acid, zinc, copper, manganese, selenium, chromium, molybdenum, iodine	Suitable for vegetarians	£0.04

Name	Age	Vitamin D	Also contains	Dietary information	Cost per recommended daily dose
Boots Iron + Vitamin Liquid Formula	12 years +	-	Vitamin C, B1, B2, B6, B12, iron	Suitable for vegetarians	£0.76
Wellteen her Tablet	13 to 19 years	20 microgram	C, B1, B2, B3, B6, B7, B9, B12, folic acid, magnesium, iron , zinc, copper, manganese, selenium. Chromium, iodine, l-carnitine, cranberry extract, co-enzyme Q10, proanthocyanidins, carotenoids, silicon	Suitable for vegetarians, contains soya	£0.30
Wellteen him tablet	13 to 19 years	20 microgram	A, C, E, B1, B2, B3, B6, B7, B9, B12, folic acid, magnesium, iron , zinc, copper, manganese, chromium, selenium, iosine, l-carnitine, lycopene, co-enzyme Q10, carotenoids	Suitable for vegetarians, contains soya	£0.30

If you have any further queries, please contact the Dietetic department on 0116 2585 400.

Please note: Information was correct at time leaflet was produced. Prices and ingredients change regularly so we recommend that you always check food labels.

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