

# Children's Health Protocol<sup>‡</sup>

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol is designed to support foundational health and common clinical objectives in pediatric patients.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	PRODUCT RECOMMENDATIONS	AGE (YEARS)	SUGGESTED USE
Essential Nutrient Repletion	<b><u>LiquiNutrients</u></b> (Order Code: LQN32) Liquid multivitamin/mineral complex enhanced with organic fruits and vegetable	4+	<b>AGES 4 - 13:</b> 1 teaspoons daily, with a meal  <b>AGES 14 AND UP:</b> 2 teaspoons daily, with a meal
	<b><u>Junior Nutrients</u></b> (Order Code: JUN1) Comprehensive multivitamin and mineral blend, without iron, for children and teens	4+	<b>AGES 4 - 13:</b> 2 capsules daily, with a meal  <b>AGES 14 AND UP:</b> 2 capsules, twice daily, with meals
Adequate Omega-3 Fatty Acid Intake	<b><u>EPA/DHA Liquid</u></b> (Order Code: EDL2) Ultra-pure, microfiltered fish oil liquid with natural lemon flavor to support cognitive function and immune health <sup>‡</sup>	3+	<b>AGES 3 - 8:</b> ½ teaspoon daily, with a meal  <b>AGES 9 AND UP:</b> 1 teaspoon daily, with a meal

## ADDITIONAL CONSIDERATIONS

Stand-alone nutrients can offer alternative or added support for pediatric patients. Choose from the options listed below:

Supplement	Age (Years)
<b><u>Choline (bitartrate)</u></b>	4+
<b><u>Cal/Mag/D Liquid</u></b>	9+
<b><u>Vitamin C Chewables</u></b>	4+
<b><u>Magnesium Gummy</u></b>	9+

Supplement	Age (Years)
<b><u>Iron Liquid</u></b>	4+
<b><u>Zinc Liquid</u></b>	4+
<b><u>Zinc Chewables</u></b>	4+

<sup>‡</sup>This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## FOCUSED SUPPORT

The products in this category support clinical objectives common in pediatric patients. Choose from the options listed below:†

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS	AGE (YEARS)	SUGGESTED USE
<b>Digestion</b>	Occasional bloating or GI discomfort	<b><u>Digestive Enzymes Chewables</u></b> (Order Code: DGC1) Vegetarian-derived digestive enzymes in a chewable tablet to support healthy digestion and GI comfort†	4+	<b>AGES 4 AND UP</b> 1 tablet with each meal, 1-3 times daily
<b>Microbiome</b>	Occasional bloating or GI discomfort	<b><u>Probiotic 123</u></b> (Order Code: PRO26) Shelf-stable probiotic blend to promote a healthy intestinal microbiome and moderate mild, occasional diarrhea†	1+	<b>AGES 1 – 3:</b> ½ scoop daily  <b>AGES 4 AND UP:</b> 1 scoop daily
<b>Immune</b>	Upper respiratory immune activity	<b><u>PureDefense Chewables</u></b> (Order Code: PDK21) A combination of nutrients, plant-extracts and bioactives to support first-line immune defense and overall immune health†	3+	<b>AGE 3:</b> 2 tablets daily, with a meal  <b>AGES 4 AND UP:</b> 2 tablets, 1-2 times daily, with a meal
<b>Relaxation</b>	Occasional Stress	<b><u>L-Theanine</u></b> (Order Code: LTH1 / LTH6) Promotes relaxation and helps to moderate occasional stress†	8+	<b>AGES 8-18:</b> 1 capsule, 1-2 times daily, between meals  <b>ADULTS</b> 2 capsules, 1-3 times daily, between meals

Available for download at [PureEncapsulationsPro.com/Protocols](https://PureEncapsulationsPro.com/Protocols)

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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