

DAILY KIDS HEALTH BENEFITS



Vitamin B6

Contributes to normal functioning of the nervous system.

Vitamin A

Contributes to the maintenance of normal skin.

Vitamin B3

Niacin contributes to normal psychological function.

Vitamin C

Contributes to normal energy-yielding metabolism.

Vitamin D2

Needed for normal growth and development of bone in children.

Vitamin E

Contributes to the protection of cells from oxidative stress.

Biotin

Contributes to the maintenance of normal hair.

Folic Acid

Folate contributes to normal blood formation.

Vitamin B

Necessary for metabolic processes, energy levels and the nervous and circulatory systems.

Vitamin B5

Pantothenic acid contributes to normal mental performance.

Vitamin B12

Contributes to the normal function of the immune system.

Zinc

Contributes to the maintenance of normal vision.

