

VITA-SAURUS®

Chewable Vitamins and Minerals with Trace Elements Promoting A Solid Nutritional Foundation for Kids



Is there a product for my children? Vita-Saurus is a good tasting, comprehensive chewable multiple vitamin and mineral supplement designed for children up to the age at which they learn to swallow tablets. Older adults and individuals that have difficulty swallowing tablets can take it too. And, it does not contain sugar.

Vita-Saurus is a good tasting, comprehensive chewable multiple vitamin and mineral supplement designed for children up to the age at which they learn to swallow tablets. Older adults and individuals that have difficulty swallowing tablets can take it too. A great deal of work and experience went into its development, which involved a team of pediatricians, biochemists, and a pharmacist with years of experience in the nutrition field. They saw a need for a totally comprehensive multiple vitamin/mineral supplement for children—Vita-Saurus was designed and developed for that reason.

Unique Formula

Vita-Saurus is in a category all of its own because of its unique, comprehensive formulation. There is not a product anywhere that begins to compare. Each bottle contains a mixture of two different flavored tablets. It has a full spectrum of all the vitamins and minerals that are classified “essential.” “Essential” nutrients are necessary for a healthy body but are not produced within our bodies. They must therefore be obtained through diet and/or supplementation.

We have challenged people to look in any drug or health food store and try to find a chewable vitamin that even comes close to Vita-Saurus. Most children’s chewables contain vitamins A, C, D and a small amount of B-Complex. For all practical purposes, most other chewable products available are made in a base of regular table sugar and flavored with synthetic substances so they will taste like candy. Many are loaded with different synthetic food coloring agents. These so called “nutritional products” usually gain their appeal by intensive TV advertising, not because of their nutritional value. For parents who wish to avoid as much artificial colors and flavors, preservatives and sugar in their children’s diet as possible, Vita-Saurus is the ideal choice.

Natural Flavorings

Vita-Saurus is flavored with a blend of natural extracts from peach, grape and orange. Its primary sweetening comes from sucralose, a non-nutritive sweetener derived from sugar that is 600 times as sweet as sugar, so that just over a milligram is all that is needed, and it has no unpleasant aftertaste. Most similar products that don’t use

sugar are sweetened with aspartame. Natural Carotenoid sources are used to provide vitamin A activity. As in all Lifeplus products, the vitamin D found in Vita-Saurus is natural vitamin D-3 from fish liver oil, rather than synthetic vitamin D-2. Also included are oil soluble vitamins E and K. Very few children’s supplements contain vitamin E and even fewer contain vitamin K.

Minerals and Trace Elements

Vita-Saurus is one of few the children’s products that contain all of the essential trace minerals (manganese, copper, zinc, iodine, selenium, molybdenum and chromium) in addition to the two important standard minerals (calcium and magnesium). The latter two can only be supplied in small amounts in a reasonable sized tablet. Phosphorus, potassium, sodium, and chloride are not included, because these minerals are abundant even in diets of poor quality.

Trace minerals are every bit as important to nutrition as vitamins. Although they make up only a tiny fraction of body weight, they are involved in 95% of enzyme reactions, which create the biochemistry of life. Chromium is an important ingredient

in any children's supplement because it supports the action of insulin, which controls entry of glucose into cells. High sugar diets have been shown to increase the need for dietary chromium.

Manganese, zinc, copper, and selenium all serve important antioxidant functions that help fight free radicals formed by various harsh environmental elements. Iodine is essential to maintain healthy thyroid gland function.[◊] Molybdenum is the cofactor for sulfite metabolizing enzymes necessary to support healthy development of the nervous system in young children.[◊] Children need protection from free radicals and adequate trace mineral intake as much as, if not more, than adults.

In addition to the vitamins and minerals, Vita-Saurus contains many additional associated nutrients. The citrus bioflavonoids, rutin and hesperidin, are synergistic with vitamin C. Vita-Saurus contains the

full array of B-Complex vitamins, plus biotin and the valuable nutrients, PABA, choline, and inositol.

Iron Free

Iron is intentionally not added to Vita-Saurus because its bad taste is impossible to mask without the use of synthetic flavorings, and because iron poisoning from accidental overdose of chewable vitamins is a major cause of death in children under 3 years of age. Most children derive adequate iron from high quality whole food diets. Some special diets, such as certain strict vegetarian diets may not provide adequate iron for growing children, but we believe it is best for parents to consult a licensed health care practitioner knowledgeable in pediatric nutrition regarding specific iron supplementation if it is needed.

PhytoZyme® Base

Vita-Saurus is formulated in the proprietary Lifeplus® PhytoZyme®

base, which contains a unique blend of over thirty natural ingredients including special herbs, synergistic phytonutrient cofactors from fruits and vegetables, plus plant enzymes for bioavailability.

When you take Lifeplus products, you have the added benefit of receiving the numerous health-supporting phytochemicals and other micronutrients contained in the PhytoZyme base.

Most Comprehensive Formula Of Its Type Available

Vita-Saurus is one of the most rational and comprehensive general nutritional product for children on the market today. Parents like it because not only is it the best nutritional product available, but it tastes good and children love it. The nutrition of our youth is very important. A healthy start on life supports good health in later years. Vita-Saurus is one of the best ways to provide the nutritional insurance they need.

REFERENCES:

1. Micronutrient Requirements of Children Ages 4 to 13 Years, Linus Pauling Institute, Micronutrient Information Center, Oregon State University. And references cited therein. Ref: <http://lpi.oregonstate.edu/mic/life-stages/children>
2. Recommended Dietary Allowances, 10th Edition, Subcommittee on the Tenth Edition of the RDAs, Food and Nutrition Board, Commission on Life Sciences, National Research Council. National Academy Press, Washington, D.C. 1989.

Supplement Facts

Serving Size
Servings Per Container

2 Tablets
90

Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value	
	Children 2 to 3 years of age (1 Tablet)	Adults & Children 4 or more years (2 Tablets)		Children 2 to 3 years of age (1 Tablet)	Adults & Children 4 or more years (2 Tablets)
Vitamin A (100% (2667 IU) as Beta-Carotene)	2667 IU	53%	Magnesium (as Magnesium Carbonate)	3.2 mg	1%
Vitamin C (Ascorbic Acid)	100 mg	125%	Zinc (as Zinc Sulfate)	8 mg	50%
Vitamin D-3 (Cholecalciferol)	200 IU	25%	Selenium (as Sodium Selenite)	20 mcg	**
Vitamin E (D-Alpha-Tocopheryl Acid Succinate)	15 IU	75%	Copper (as Copper Sulfate)	0.1 mg	5%
Vitamin K-1 (Phytomenadione)	20 mcg	**	Manganese (as Manganese Sulfate)	1.0 mg	**
Thiamin Mononitrate (Vitamin B-1)	3.2 mg	229%	Chromium (as Chromium Chloride)	20 mcg	**
Riboflavin (Vitamin B-2)	3.0 mg	188%	Molybdenum (as Sodium Molybdate)	10 mcg	**
Niacin (Nicotinamide)	13.5 mg	75%	PABA	10 mg	**
Vitamin B-6 (Pyridoxine HCl)	3.2 mg	229%	Choline Bitartrate	10 mg	**
Folic Acid	200 mcg	50%	Rutin	10 mg	**
Vitamin B-12 (Cyanocobalamin)	10 mcg	167%	Inositol	2 mg	**
Biotin	60 mcg	20%	Hesperidin	1 mg	**
Pantothenic Acid	5 mg	50%	Lemon Bioflavonoids	1 mg	**
Calcium (Total)	13 mg	1%			
Iodine (as Potassium Iodide)	100 mcg	71%			

*Percent Daily Values are based on 2,000 calorie diet.
**Daily Value not established.

INGREDIENTS: Sorbitol, Mannitol, Vitamin C (L-Ascorbic Acid), Peach Powder (Natural Color), Calcium Carbonate, Natural Grape, Orange and Vanilla Flavors, Stearic Acid, Microcrystalline Cellulose, Beta-Carotene, Zinc Sulfate, Vitamin E (D-Alpha-Tocopheryl Acid Succinate), Grape Skin Extract (Natural Color), Magnesium Stearate, Niacin (Nicotinamide), Magnesium Carbonate, Rutin, PABA, Choline Bitartrate, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Blueberry, Carrots, Broccoli, Spinach, Cauliflower, Kale, Asparagus, Beet, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Watercress, Zucchini, Lima Beans, Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Peach, Pineapple and Grapefruit), Calcium-D-Pantothenate, Vitamin B-6 (Pyridoxine HCl), Thiamin Mononitrate (Vitamin B-1), Manganese Sulfate, Riboflavin (Vitamin B-2), Inositol, Hesperidin Complex, Sucralose (non-nutritive sweetener), Lemon Bioflavonoids, Vitamin D-3 (Cholecalciferol), Copper Sulfate, Folic Acid, Chromium Picolinate, Potassium Iodide, Silica, Biotin, Sodium Selenite, Sodium Molybdate, Vitamin K-1 (Phytomenadione), and Vitamin B-12 (Cyanocobalamin).

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Caution: Excessive consumption may cause laxative effect. When using as a supplement for small children, an adult should supervise its use so as to avoid potential choking.

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegans.

DIRECTIONS: Adults and Children 4 or More Years: Chew two tablets once a day as a general vitamin and mineral supplement. Children 2 to 3 Years of Age: Chew one tablet once a day as a general vitamin and mineral supplement.

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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