

## What Happens if My Child Doesn't Get Enough Vitamins and Minerals or is Not Eating Healthy?

It's okay to be concerned that your children are not getting all the nutrients their bodies need. Watch out for certain signs and symptoms. Generally speaking, if they are growing, are free from infections and illnesses, have energy, good digestion and are sleeping well, then they are fine.

A varied diet will give them the nutrients they need. Certain vitamins and minerals may be required in extra amounts and taking a good quality, broad-spectrum multivitamin and mineral will cover this. This includes: selenium, iodine, zinc and B12. Also if your child is not getting enough sun exposure on their skin, it's worth giving them 200-400IU of vitamin D3. Vegan forms of all these supplements are available in liquid form, spray or capsules where the powder can be poured into their food/drinks.

