LiveGood Children’s Multivitamin Gummies: Dosage, Sugar & Common Questions

LiveGood: Kids & Pets · https://coachluke.com/docs/livegood-childrens-multivitamin-gummies-dosage-sugar-common-questions/

Quick reference for LiveGood Organic Children's Multi-Vitamin Gummies. The full review covers the complete label and the evidence in depth.

How do I give them?

LiveGood's directions: children 3 and up take 2 gummies daily under adult supervision, chewed thoroughly before swallowing. They can be taken together or at different times of day. Each bottle holds 60 gummies, or 30 servings. The label's Daily Values are figured for ages 4 and up, so ask your pediatrician about the right amount for a 3-year-old.

What is in them?

Nineteen vitamins and minerals, including vitamin D3 from lichen (20 mcg), K2 as MK-7, vitamin C from organic acerola, active folate (L-methylfolate) and B12 (methylcobalamin), iodine, zinc, selenium and 2 mg of iron. The gummies are pectin-based (no gelatin) and colored with organic annatto.

How much sugar is in them?

Each 2-gummy serving has 25 calories and 4 g of added sugar, from organic tapioca syrup and organic cane sugar. That is about a teaspoon. Giving them with a meal and brushing afterward is a good habit.

Are they safe to leave out?

No. They taste like candy and contain iron, and iron-containing products are a known poisoning risk for young children. **Keep the bottle closed and out of reach**, and call Poison Control or your

doctor right away if a child eats extra gummies.

How much do they cost per serving?

With a LiveGood membership on Subscribe and Save they are $15.15, about 51 cents a serving. The member price is $15.95 and retail is $29.95, about $1.00 a serving. LiveGood compares them with Mary Ruth's at $22.95 and Terraseed at $40.00.

Who should check with a doctor first?

Ask your pediatrician first if your child takes **any medication**, has a health condition, already takes another vitamin or mineral supplement, or is under 4. Adults can take them too, but a full adult multivitamin is usually a better fit.

What if my kids will not take them?

Every LiveGood order carries a 90-day money-back guarantee. See the 90-day money-back guarantee explained for how returns work.

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