



Good nutrition plays a critical role in everyone's health and is especially important for children because they are constantly growing, from birth to the end of adolescence. However, most children are picky eaters and, thus, tend to fall short on many essential nutrients at a time when they are more important than ever. Pound for pound, a 5-year-old child needs more thiamin, riboflavin, niacin, vitamins A and C, and vitamins B6 and B12 than a 25-year-old man. The **Usanimals** supplement, USANA's **Essentials** for kids, is an advanced formulation of nutrients necessary not only for a healthy childhood but also for laying the foundation of good health for a lifetime.

TODAY'S CHILDHOOD NUTRITION

Many studies show that children do not receive the nutrition they need from their diets. Less than 25 percent of young people eat the recommended five servings or more of fruits and vegetables each day, and nearly one-quarter of all vegetables consumed by children and adolescents are french fries. Adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from the diets of more than 50 percent of children from 2 to 10 years old. Vitamins C and D are also often deficient. A quality nutritional supplement, such as **Usanimals**, can help ensure that none of these essential nutrients are missing from a child's diet.

NUTRITION FOR GROWTH

Optimal nourishment in the first years of life is especially important to ensure children not only survive, but that they thrive. If nutrients are missing that are needed for general survival, the body will not have anything to direct toward growth. Growth involves much more than just the development of children's bodies. It is an intricate balance of varying growth rates, physiological changes, and shifting hormone status. While growth in childhood is slower than in infancy or adolescence, it is the time in which physical and mental developments that will impact their entire lives are occurring.

- Bones and teeth are forming, meaning calcium, magnesium, and vitamin D are needed.*
- The health of all organs is established. Brain health is one of the most important, as it affects a child's ability to learn new skills and behaviors, including socialization, communication, and analytical thinking. Brain health also can affect moods and emotions. Many B-vitamins, such as folate, B6, and B12, are important to healthy brain function.*
- Eye health depends on adequate amounts of antioxidant vitamins A, C, and E.*
- The health of our immune system is critical throughout life. Vitamins, minerals, as well as the unique antioxidant phytonutrient complex in **Usanimals** provide important defense against oxidative stress and support for healthy immune function.*

Adequate nutrition is also important for kids' energy levels. Childhood energy output is high, with play periods that include plenty of running, jumping, and testing of new physical skills. Lack of proper nutrition can lead to lethargy and decreased curiosity or social interactions. **Usanimals** provides a wide range of vitamins, minerals, and phytonutrients in amounts designed especially for active, growing children.

WHY USANIMALS™?

With **Usanimals**, being healthy can be fun. Children love the fun animal shapes printed on every tablet, and the great-tasting natural wild berry flavor makes each supplement a treat. Parents love **Usanimals** too, because USANA uses only natural flavors and sweeteners. And because it's from USANA, you can trust that each bottle of **Usanimals** is providing the safest, highest-quality supplement formulated to precise amounts based on years of nutritional expertise.

*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.

ITEM #105

DIRECTIONS: CHEW 1 TABLET (FOR CHILDREN 24–47 MONTHS), 2 TABLETS (FOR CHILDREN 4 YEARS OR OLDER).

SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET FOR CHILDREN 2 YEARS TO UNDER 4 YEARS
2 TABLETS FOR CHILDREN 4 YEARS OR OLDER

AMOUNT PER TABLET	% DV 4 YEARS OR OLDER (2 TABLETS)		% DV 2 YEARS TO UNDER 4 YEARS (1 TABLET)	
		↓	↓	↓
VITAMIN A (AS BETA CAROTENE)	2,500 IU	100%	100%	
VITAMIN C (AS ASCORBIC ACID AND SODIUM ASCORBATE)	125 mg	310%	420%	
VITAMIN D3 (AS CHOLECALCIFEROL)	500 IU	125%	250%	
VITAMIN E (AS D-ALPHA TOCOPHERYL SUCCINATE)	50 IU	500%	330%	
VITAMIN K (AS PHYLLOQUINONE)	20 µg	↑	50%	
VITAMIN B1 (AS THIAMIN MONONITRATE)	1.25 mg	180%	170%	
VITAMIN B2 (AS RIBOFLAVIN)	1.25 mg	160%	150%	
NIACIN (AS NIACINAMIDE)	10 mg	110%	100%	
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	1.25 mg	180%	130%	
FOLATE (AS FOLIC ACID)	200 µg	100%	100%	
VITAMIN B12 (AS CYANOCOBALAMIN)	20 µg	670%	670%	
BIOTIN	75 µg	50%	50%	
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	5 mg	100%	100%	
CALCIUM (AS MILK CALCIUM)	75 mg	10%	15%	
IODINE (AS POTASSIUM IODIDE)	50 µg	70%	70%	
MAGNESIUM (AS MAGNESIUM CARBONATE)	25 mg	15%	15%	
ZINC (AS ZINC AMINO ACID CHELATE)	5 mg	60%	70%	
SELENIUM (AS SELENIUM AMINO ACID COMPLEX)	25 µg	↑	70%	
COPPER (AS COPPER CITRATE)	375 µg	40%	40%	
MANGANESE (AS MANGANESE GLUCONATE)	500 µg	↑	50%	
CHROMIUM (AS CHROMIUM NICOTINATE)	25 µg	↑	40%	
MOLYBDENUM (AS MOLYBDENUM TRIOXIDE)	12.5 µg	↑	35%	
IRON (AS FERROUS FUMARATE USP)	2 mg	20%	20%	
ANTIOXIDANT PHYTONUTRIENT COMPLEX (BLACKBERRY, CRANBERRY, RASPBERRY, AND WILD BLUEBERRY POWDERS)	40 mg	↑	↑	
POLYENYLPHOSPHATIDYL CHOLINE (FROM SOY)	25 mg	↑	↑	
INOSITOL	15 mg	↑	↑	

↑ DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: CRYSTALLINE FRUCTOSE, EVAPORATED CANE SYRUP, NATURAL WILD BERRY FLAVOR, MODIFIED CELLULOSE, XYLITOL, ASCORBYL PALMITATE, CITRIC ACID, DEXTRIN, CALCIUM SILICATE, MALIC ACID, SALT, DEXTROSE, SOY LECITHIN, STEVIA, SODIUM CMC, HYDROLYZED RICE PROTEIN, SODIUM CITRATE.

CONTAINS SOY, MILK.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

WARNING: CHOKING HAZARD—NOT FOR INFANTS/TODDLERS LESS THAN 2 YEARS OLD. THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

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STORE BELOW 25° C. MADE IN USA

References

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Mother/Child