

Dr. Fuhrman™

How to live, for life

pixie vites

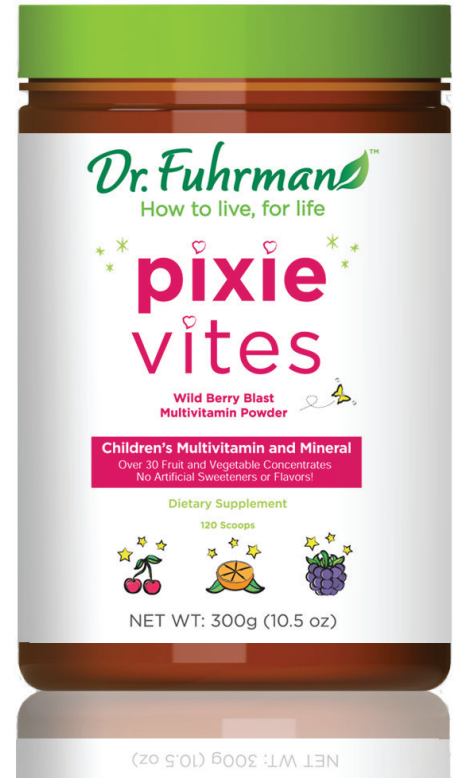
Pixie Vites

Dr. Fuhrman's Pixie Vites are a great-tasting, high quality, whole food-based, complete children's multivitamin and mineral supplement. Even when parents provide healthful foods, children don't always eat well-balanced meals. Pixie-Vites provide added insurance that children are getting the essential nutrients they need to grow up healthy. In addition, Dr. Fuhrman teaches that vitamins and minerals are not the only beneficial substances found in natural foods. There are also thousands of phytochemicals in perfect balance that act synergistically to promote excellent health. Pixie Vites provide antioxidant and phytochemical protection from real foods. Pixie Vites contain 30 whole food extracts including blueberry, broccoli, kale, and pomegranate, supplying a spectrum of nutrients in their natural setting.

Dr. Fuhrman's newest formulation adds additional benefits to an already comprehensive children's multivitamin and mineral: the new formulation contains real folate, rather than folic acid; plus there is no added sugar. Fruit and vegetable concentrates alone provide a great wild berry flavor!

What is unique about Pixie Vites?

The composition of Pixie Vites reflects Dr. Fuhrman's high standards for supplement safety and quality.



Features

- Premium children's vitamin-mineral supplement
- Each scoop contains 30 fruit & vegetable extracts.
- NO added sugar
- NO added preservatives
- NO artificial sweeteners, flavors, or colors
- NO isolated vitamin A or beta carotene
- Natural carotenoids from whole foods extracts
- Real folate, not folic acid

Benefits

- Free of major allergens (no wheat, dairy, gluten, soy)
- Kid-friendly wild berry flavor from fruit extracts, not sweeteners.
- Dissolves easily into food or drink
- Fun for kids to eat or drink

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Pixie-Vites DO NOT contain vitamin A or beta-carotene potentially harmful ingredients that are included in most children's

Vitamin A or beta-carotene in isolated forms used in supplements rather than their natural form found in food may interfere with the absorption of other crucially important carotenoids, such as lutein and lycopene, thus potentially increasing cancer risk. High carotenoid consumption from natural foods has been shown to decrease the risk of chronic diseases; in contrast, beta-carotene supplements have not been shown to have beneficial effects against cardiovascular disease or cancer. Beta-carotene supplement is a poor substitute for the broad assortment of carotenoid compounds found in plants.^{1,2}

What is the difference between folate and folic acid?

Natural folates are found in foods, especially green vegetables. Synthetic folic acid is twice as bioavailable than natural folate, which means that taking synthetic folic acid poses the risk of excess.⁶ Also, a significant amount of folic acid is not properly metabolized before it is absorbed, and circulating unmetabolized folic acid may interfere with normal folate metabolism and present additional risks.³

Pixie Vites contain 5-methyltetrahydrofolate, the most common folate found in foods.

Unfortunately, it is unrealistic to assume that all children always eat sufficient green vegetables, so Dr. Fuhrman has added a small dose of folate in its natural form to his Pixie Vites. Tetrahydrofolates are the biologically active forms of folate. Synthetic folic acid, on the other hand is not an active form, and must be modified before it can be used by the body as folate.³ 5-methyltetrahydrofolate is the common form of folate found in natural foods, and the safe form of folate normally found circulating in the blood.⁷

Suggested Use: Mix in water, food, or drink of choice. Children younger than 4 years: 1 scoop daily, Children 4 years of age and older: 2 scoops daily



Supplement Facts

Serving Size: 2 Scoops (5g) Servings Per Container: 60

	Amount Per Serving	%DV Children <4yrs	%DV Children ≥4yrs
Calories	10		
Total Carbohydrate	3 g	†	1%*
Sugars	2 g	†	†
Vitamin C (as ascorbic acid)	50 mg	125%	83%
Vitamin D (as cholecalciferol)	400 IU	100%	100%
Vitamin E (as natural mixed tocopherols)	10 IU	100%	33%
Vitamin K (as phyloquinone)	20 mcg	†	25%
Thiamin (as thiamin mononitrate)	0.75 mg	107%	50%
Riboflavin	0.75 mg	94%	44%
Niacin (as niacinamide)	5 mg	56%	25%
Vitamin B6 (as pyridoxine HCl)	1 mg	143%	50%
Folate (as Quatrefolic™ (6S)-5-methyltetrahydrofolate glucosamine salt (vegan, shellfish-free))	200 mcg	100%	50%
Vitamin B12 (as methylcobalamin)	10 mcg	333%	167%
Biotin	100 mcg	67%	33%
Pantothenic acid (as D-calcium pantothenate)	5 mg	100%	50%
Calcium (as calcium citrate, dicalcium phosphate and calcium ascorbate)	300 mg	38%	30%
Iron (as ferrous fumarate)	5 mg	50%	28%
Iodine (from kelp)	50 mcg	71%	33%
Magnesium (as magnesium oxide)	100 mg	50%	25%
Zinc (as zinc picolinate and zinc amino acid chelate)	5 mg	63%	33%
Selenium (as sodium selenite)	25 mcg	†	36%
Copper (as copper citrate)	0.6 mg	60%	30%
Manganese (as amino acid chelate)	1 mg	†	50%
Chromium (as chromium amino acid chelate)	50 mcg	†	42%
Molybdenum (as sodium molybdate)	25 mcg	†	33%
Choline (as choline bitartrate and with cauliflower)	2 mg	†	†
Inositol	50 mcg	†	†
Vanadium (as vanadyl sulfate)	5 mcg	†	†
Boron (as boron citrate)	0.5 mcg	†	†

† Daily Value (DV) not established. * % DV is Based on a 2,000-calorie diet.

Other ingredients: Fruit/Vegetable Botanical Blend [apple, (bioflavonoid complex, hesperidin, rutin, quercetin), blueberry, pineapple, broccoli, carrots, orange, tomato, brussels sprouts, celery, grape, grapefruit, kale, plum, raspberry, spinach, strawberry, watermelon, radish, lemon, lime, cantaloupe, cherry, onion, papaya, peach, pear, leek, yellow pepper, pomegranate], silica, natural flavors, beet color, citric acid, grape skin extract.

¹Goodman GE: Lung cancer. 1: prevention of lung cancer. Thorax 2002;57:994-999.

²Mayne ST: Beta-carotene, carotenoids, and disease prevention in humans. FASEB J 1996;10:690-701.

³Smith AD, Kim YI, Refsum H: Is folic acid good for everyone? Am J Clin Nutr 2008;87:517-533.

⁴Troen AM, Mitchell B, Sorensen B, et al: Unmetabolized folic acid in plasma is associated with reduced natural killer cell cytotoxicity among postmenopausal women. J Nutr 2006;136:189-194.

⁵Ulrich CM: Folate and cancer prevention: a closer look at a complex picture. Am J Clin Nutr 2007;86:271-273.

⁶Pitkin RM: Folate and neural tube defects. Am J Clin Nutr 2007;85:285S-288S.

⁷Pietrzik K, Bailey L, Shane B: Folic acid and L-5-methyltetrahydrofolate: comparison of clinical pharmacokinetics and pharmacodynamics. Clin Pharmacokinet 2010;49:535-548.