

Dr. Fuhrman®

PRODUCT FACTS

PIXIE VITES POWDER

Pixie Vites provides added insurance that children are getting the essential nutrients they need to grow up healthy.

CHILDREN'S MULTIVITAMIN AND MINERAL SUPPLEMENT

Dr. Fuhrman's Pixie Vites are a great-tasting, high quality, whole-food based, complete children's multivitamin and mineral supplement that can be mixed with food or drink for a fun berry flavor. Even when parents provide healthful foods, children don't always eat well-balanced meals. Pixie Vites provides added insurance that children are getting the essential nutrients they need to grow up healthy.

Pixie Vites provides antioxidant and phytochemical protection from real foods and contains 18 whole-food extracts including blueberry, broccoli, kale, and pomegranate, which supply a spectrum of nutrients in their natural state. Pixie Vites contains no added sugar, sweeteners preservatives, artificial flavors or colors. It is also free of major allergens: it contains no wheat, dairy, gluten or soy.

What makes it unique?

The composition of Pixie Vites reflects Dr. Fuhrman's high standards for supplement safety and quality. Scientific studies suggest that many common ingredients and nutrients in supplements are potentially harmful. Pixie-Vites does not contain vitamin A or beta-carotene, potentially harmful ingredients that are included in most children's multivitamins. 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.¹ Supplemental beta-carotene is a poor substitute for the broad assortment of carotenoid compounds found in plants.



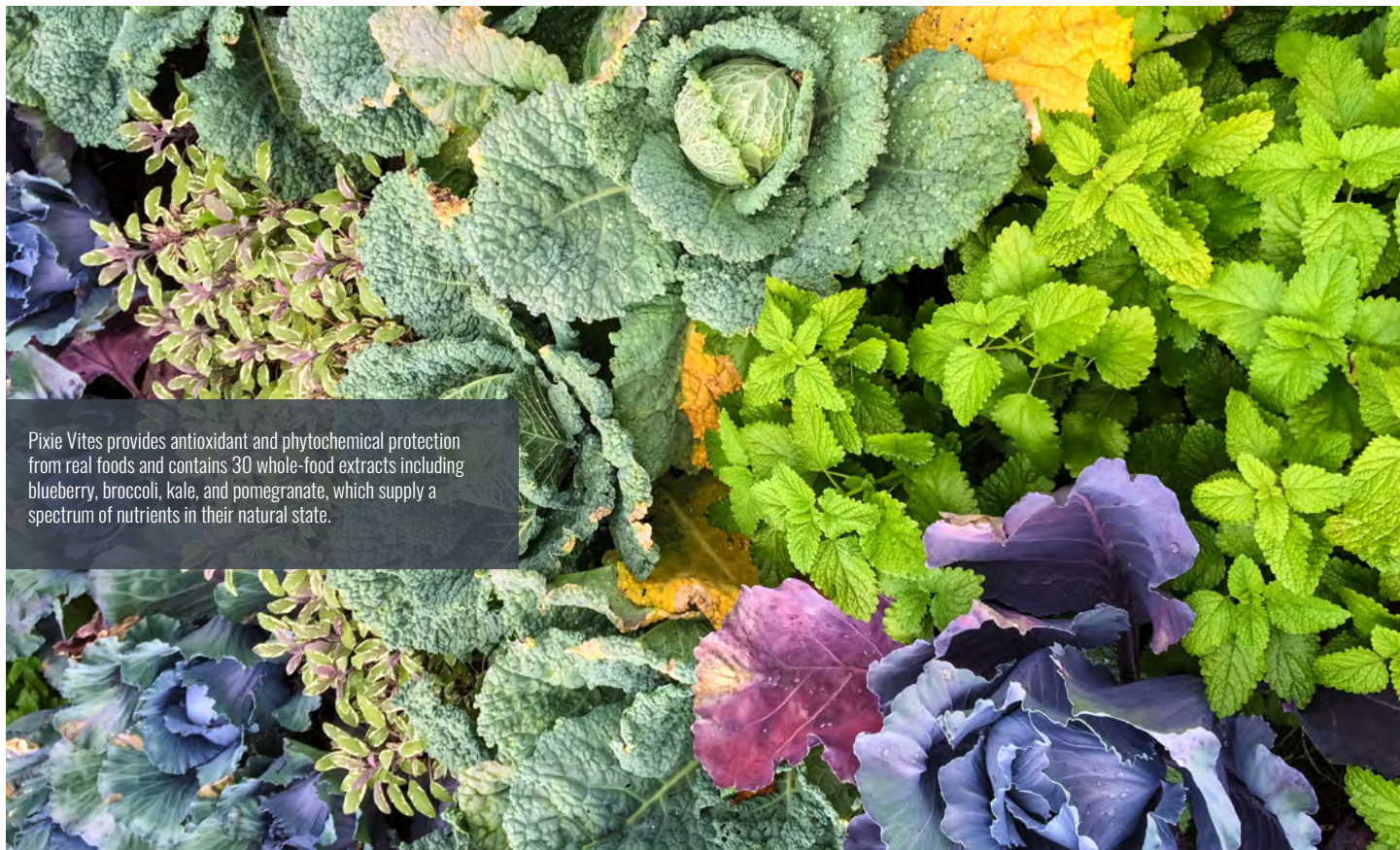
Pixie Vites does not contain synthetic folic acid; instead it does contain folate, the form found naturally in green vegetables. Folic acid is not found in natural foods. It is the synthetic form found in most supplements and in enriched refined grain products. Getting adequate folate is essential for good health but according to several studies, too much synthetic folic acid could be harmful. Excess folic acid from supplements and fortified foods is associated with impaired immune function and several cancers.²

Dr. Fuhrman explains: Unfortunately, it is unrealistic to assume that all children always eat sufficient green vegetables, so I have added a small dose of folate in its natural form to my 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.² 5-methyltetrahydrofolate is the common form of folate found in natural foods, and the safe form of folate normally found circulating in the blood.³

PIXIE VITES POWDER

Product Features

- 120 scoops
- Each scoop contains 18 fruit and vegetable extracts
- Dissolves easily into food or drink
- Contains folate, not folic acid
- Each scoop provides 400 IU (10 mcg) vegan vitamin D3
- Does not contain added sugar, sweeteners, preservatives, or artificial flavors or colors
- Free of major allergens (no wheat, dairy, gluten or soy)
- Formulated from the most current scientific research available
- DOES NOT contain vitamin A or beta-carotene, potentially harmful ingredients that are included in most children's multivitamins
- Whole food-derived nutrients
- Manufactured by a GMP-certified and FDA-regulated facility
- Non-GMO
- Packaged in post-consumer resin (PCR)



Pixie Vites provides antioxidant and phytochemical protection from real foods and contains 30 whole-food extracts including blueberry, broccoli, kale, and pomegranate, which supply a spectrum of nutrients in their natural state.



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.

PIXIE VITES DOES NOT CONTAIN SYNTHETIC FOLIC ACID; INSTEAD IT DOES CONTAIN FOLATE, THE FORM FOUND NATURALLY IN GREEN VEGETABLES.

1. Mayne ST. **Beta-carotene, carotenoids, and disease prevention in humans.** FASEB J 1996; 10:690-701.
2. Smith AD, Kim YI, Refsum H. **Is folic acid good for everyone?** Am J Clin Nutr 2008; 87:517-533.
3. Pietrzik K, Bailey L, Shane B. **Folic acid and L-5-methyltetrahydrofolate: comparison of clinical pharmacokinetics and pharmacodynamics.** Clin Pharmacokinet 2010; 49:535-548.

PIXIE VITES POWDER

Supplement Facts

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Serving Size: 2 Scoops (6.6g)

Servings Per Container: 60

	Amount	%DV Child	Amount	%DV Child
	Per 1 Scoop (3.3g)	1-3 Years	Per 2 Scoops (6.6g)	4-6 Years
Calories	10		15	
Total Carbohydrate	2 g	1%	4 g	1%
Dietary Fiber	0 g	0%	<1 g	<1%
Total Sugars	0 g	0%	<1 g	0%
Sugar Alcohol	0 g	0%	<1 g	0%
Vitamin C (as calcium ascorbate and from ascorbic acid extract)	25 mg	167%	50 mg	500%
Vitamin D (as D3 (vegan cholecalciferol) (Vitamin D3))	10 mcg (400 IU)	47%	20 mcg (800 IU)	100%
Vitamin E (as natural mixed tocopherols)	3.1 mg	52%	6.2 mg	41%
Thiamin (as thiamin mononitrate)	0.3 mg	60%	0.6 mg	50%
Riboflavin	0.36 mg	72%	0.7 mg	54%
Niacin (as niacinamide)	2.5 mg	42%	5 mg	31%
Vitamin B6 (as pyridoxine HCl)	0.5 mg	100%	1 mg	50%
Folate (from Quinhydrone, 5R,6-Methyltetrahydrofolate, acid, glucosamine salt (vegan, shellfish-free))	180 mcg DFE	100%	326 mcg DFE	81%
Vitamin B12 (as methylcobalamin)	25 mcg	2778%	50 mcg	2063%
Biotin	7.5 mcg	84%	15 mcg	50%
Pantothenic acid (as D-calcium pantothenate)	3.1 mg	155%	6.2 mg	124%
Choline (as choline bitartrate)	5mg	3%	10 mg	2%
Calcium (as calcium phosphate and calcium ascorbate)	150mg	21%	300 mg	23%
Iron (as ferrous fumarate)	2.6 mg	37%	5.2 mg	29%
Phosphorus (as calcium phosphate)	115 mg	25%	230 mg	18%
Iodine (from kelp)	35 mcg	39%	70 mcg	47%
Magnesium (as magnesium malate)	50 mg	63%	100 mg	24%
Zinc (as zinc picolinate and zinc amino acid chelate)	4 mg	133%	8 mg	73%
Selenium (as sodium selenate)	12.5 mcg	63%	25 mcg	45%
Copper (as copper chelate)	0.3 mg	100%	0.6 mg	67%
Manganese (as manganese amino acid chelate)	0.5 mg	42%	1 mg	51%
Chromium (as chromium amino acid chelate)	0.3 mcg	62%	0.6 mcg	51%
Molybdenum (as sodium molybdate)	12.5 mcg	74%	25 mcg	50%
Fruit and Vegetable Blend	1 g	1%	2 g	1%
Apple fruit powder, apple fiber, monk fruit extract, broccoli sprout extract, acer fruit extract (Euterpe oleracea), bilberry fruit extract (25% anthocyanins), lycium (goji) berry extract, citrus bioflavonoid complex (mixed citrus fruits), green cabbage flower concentrate, kale leaf, watercress (gera part), alfalfa grass, onion concentrate, grape seed & skin extract, wild blueberry extract, cranberry juice concentrate, raspberry extract, strawberry concentrate, tart cherry concentrate, wild bilberry fruit extract				
Boron (as boron citrate)	0.25 mcg	1%	0.5 mcg	1%
Inositol	25 mcg	1%	50 mcg	1%
Vitamin K (as K2 menaquinone-7 (K2VitaB))	15 mcg	1%	30 mcg	1%
Vanadium (as vanadium amino acid chelate)	2.5 mcg	1%	5 mcg	1%

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

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Other Ingredients: Natural flavors, silica, beet juice (color), malic acid and citric acid.

Suggested Use:

To be taken under adult supervision. Product should be mixed with water, food or drink of choice. Children ages 1-4, take 1 scoop daily. Children over 4, and adults take 2 scoops daily.

**These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

For more detailed information about this supplement, visit <http://www.drfrhman.com/shop/product/59>