

Dr. Fuhrman®

# PRODUCT FACTS

## PIXIE VITES CHEWABLE

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

### CHILDREN'S CHEWABLE 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 in a chewable tablet with 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 sprout, kale, and acai fruit, which supply a spectrum of nutrients in their natural state. Pixie Vites contains no added sugar, 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.<sup>1</sup> 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

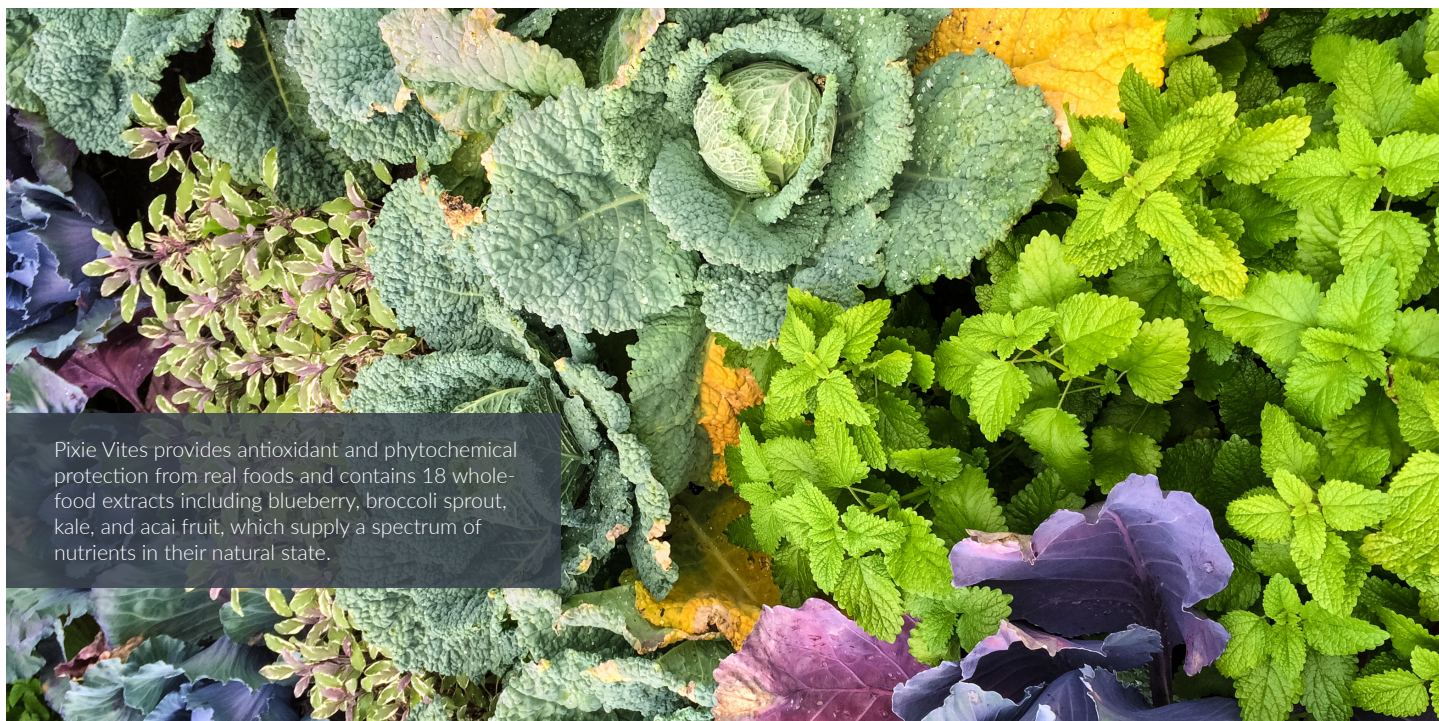


### PIXIE VITES CHEWABLE

#### Product Features

- 100% vegan
- 120 chewable tablets
- Each chewable tablet contains more than 18 fruit and vegetable extracts
- Contains folate, not folic acid
- Vegan vitamin D3
- Does not contain added sugar, 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)





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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.<sup>2</sup>

Pixie Vites chewable tablets are sweetened with a hint of natural xylitol. Xylitol is naturally found in small amounts in plant foods, such as vegetables and berries, and xylitol may reduce the risk of tooth decay.

**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.<sup>2</sup> 5-methyltetrahydrofolate is the common form of folate found in natural foods, and the safe form of folate normally found circulating in the blood.<sup>3</sup>



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 CHEWABLE

### Supplement Facts

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Serving Size: 2 chewable tablets  
Servings Per Container: 60

	Amount Per 1 Tablet	%DV Child 1-3 Years	Amount Per 2 Tablets	%DV Child ≥4 Years
<b>Calories</b>	5		10	
<b>Total Carbohydrate</b>	1 g	<1%*	2 g	<1%*
<b>Sugar Alcohol</b>	1 g	†	2 g	†
<b>Vitamin C (as calcium ascorbate and from acerola fruit extract)</b>	25 mg	167%	50 mg	56%
<b>Vitamin D (as D3 vegan cholecalciferol (Vitamin D3))</b>	10.8 mcg (433 IU)	54%	21.6 mcg (867 IU)	108%
<b>Vitamin E (as natural mixed tocopherols)</b>	3 mg	50%	6 mg	40%
<b>Thiamin (as thiamin mononitrate)</b>	0.375 mg	75%	0.75 mg	63%
<b>Riboflavin</b>	0.375 mg	75%	0.75 mg	58%
<b>Niacin (as niacinamide)</b>	2.5 mg	42%	5 mg	31%
<b>Vitamin B6 (as pyridoxine HCl)</b>	0.5 mg	100%	1 mg	59%
<b>Folate (from Quatrefolic® (6S)-5-Methyltetrahydrofolate acid, glucosamine salt (vegan, shellfish-free))</b>	167 mcg DFE	111%	333 mcg DFE	83%
<b>Vitamin B12 (as methylcobalamin)</b>	25 mcg	2778%	50 mcg	2083%
<b>Biotin</b>	7.5 mcg	94%	15 mcg	50%
<b>Pantothenic acid (as D-calcium pantothenate)</b>	2.5 mg	125%	5 mg	100%
<b>Choline (as choline bitartrate)</b>	5 mg	3%	10 mg	<2%
<b>Calcium (as dicalcium phosphate and calcium ascorbate)</b>	150 mg	21%	300 mg	23%
<b>Iron (as Ferromyl™ carbonyl iron)</b>	2.5 mg	36%	5 mg	28%
<b>Phosphorus (as dicalcium phosphate)</b>	110 mg	24%	220 mg	18%
<b>Iodine (from kelp)</b>	35 mcg	39%	70 mcg	47%
<b>Magnesium (as dimagnesium malate)</b>	50 mg	63%	100 mg	24%
<b>Zinc (as zinc picolinate and zinc amino acid chelate)</b>	4 mg	133%	8 mg	73%
<b>Selenium (as sodium selenite)</b>	12.5 mcg	63%	25 mcg	45%
<b>Copper (as copper citrate)</b>	0.3 mg	100%	0.6 mg	67%
<b>Manganese (as manganese amino acid chelate)</b>	0.5 mg	42%	1 mg	43%
<b>Chromium (as chromium amino acid chelate)</b>	9 mcg	82%	18 mcg	51%
<b>Molybdenum (as molybdenum amino acid chelate)</b>	12.5 mcg	74%	25 mcg	56%
<b>Fruit and Vegetable Blend</b>	15 mg	†	30 mg	†
Monk fruit extract, broccoli sprout extract, acai fruit extract (Euterpe oleracea), licium (goji) berry extract, green cabbage floret, kale leaf, watercress aerial parts, alfalfa grass, prune fruit, bilberry fruit extract (25% proanthocyanidin), citrus bioflavonoid complex, grape seed & skin extract, wild blueberry extract, cranberry juice concentrate, raspberry extract, strawberry concentrate, tart cherry concentrate, wild bilberry fruit extract.				
<b>Boron (as boron citrate)</b>	0.25 mg	†	0.5 mg	†
<b>Inositol</b>	25 mcg	†	50 mcg	†
<b>Vitamin K2 (as natural menaquinone-7 (K2(Vital®)))</b>	15 mcg	†	30 mcg	†
<b>Vanadium (as vanadium amino acid chelate)</b>	2.5 mcg	†	5 mcg	†

\*Percent Daily Values (DV) are based on a 1,000-calorie diet.  
†Daily Value (DV) not established.

**Other Ingredients:** Xylitol, natural flavors, hydroxypropyl cellulose, beet juice (color), citric acid, malic acid, vegetable magnesium stearate, silica.

#### Suggested Use:

To be taken under adult supervision. Product should be chewed or crushed and mixed with food. Children ages 1-4, take 1 tablet daily. Children over 4, take 2 tablets 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.drfuhrman.com/shop/product/58>