

How to Administer Multivitamins to Children

Individually and combined, micronutrients (vitamins and minerals) are essential for child growth and cognitive development, and to reduce child morbidity and mortality.



Using a multiple vitamin and mineral supplement can help:

- » Prevent micronutrient deficiencies, including anemia and zinc deficiency
- » Improve the body's immune system and health
- » Improve a child's appetite, energy & ability to learn and develop

Dosing Instructions:

Multivitamin Dosing Schedule for Universal Distribution of Essential Micronutrients:
Children 6-59 Months of Age

TARGET GROUP	DOSE	HOW OFTEN
Infants 6-11 months of age	1 tablet—crushed and mixed with liquid	Once every day
Children 12-35 months of age	1 tablet—crushed and mixed with liquid	Once every day
Children 36-59 months of age	1 tablet—to chew and swallow with food	Once every day

- For children under 3 years of age (6-35 months), **break and crush one (1) tablet then add water (or other liquid) to help administer the tablets with food daily.**
- For children 3 years (36 months) of age and older, **chew one (1) tablet daily with food.**
- The multivitamin tablets should be **given every day, but only once a day.**
- Bottles of multivitamins may be given to the mothers or other caregivers to distribute to children on a daily basis.
- Storage: **Store in a COOL, DRY place. Keep bottle tightly closed.**

CAUTION: The tablets are **TO BE CHEWED ONLY**. They are NOT intended to be swallowed whole.

WARNING: This Product Contains Iron. Accidental overdose of iron-containing products is dangerous to children.

KEEP THIS PRODUCT OUT OF REACH OF CHILDREN: In case of accidental overdose, call a doctor or poison control center immediately.