

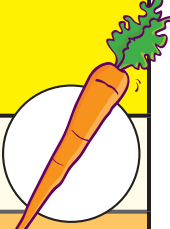

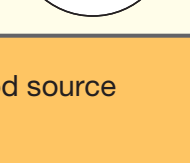
# Is your patient getting enough vitamins and minerals every day?

In a survey...

Over 60% of Canadian children didn't get their daily recommended 5 servings of fruits and vegetables.<sup>1,\*,\dagger</sup>

**FLINTSTONES™** can help supplement vitamin and mineral gaps when diet is not enough.

## The ABCs of vitamins and minerals

What it is	What is it for?	Recommended daily dietary allowances/adequate intake <sup>‡</sup>	Examples of foods that contain these vitamins and minerals
<b>Vitamin A</b>	Helps to maintain immune function.	400 µg RAE	Carrots are a great afternoon snack. <sup>2</sup> 
<b>Vitamin B<sub>6</sub></b>	Helps the body break down carbohydrates, fats and proteins.	0.6 mg	Try banana slices spread with peanut butter. <sup>3</sup> 
<b>Vitamin B<sub>12</sub></b>	Helps form red blood cells.	1.2 µg	Meat or fish – your choice! <sup>4</sup> 
<b>Vitamin C</b>	Helps in the development and maintenance of bones, teeth and gums.	25 mg	Fruits, like oranges, are a good source of vitamin C. <sup>5</sup>
<b>Vitamin D</b>	Helps the body use calcium.	200 IU (5 µg)	Get out and enjoy the sun! <sup>6</sup>
<b>Vitamin E</b>	Antioxidant for the maintenance of good health.	7 mg AT <sup>§</sup>	Nuts and seeds go with anything. <sup>7</sup>
<b>Calcium</b>	Helps to develop bones and teeth.	800 mg	Milk with each meal. <sup>8</sup>
<b>Folate</b>	Helps form red blood cells.	200 µg	Spinach with dinner. <sup>9</sup>
<b>Iron</b>	Helps red blood cells do their job.	10 mg	Hamburgers made with lean meat. <sup>10</sup>
<b>Niacin</b>	Helps normal growth and development.	8 mg	Tuna sandwich for lunch. <sup>11</sup>
<b>Riboflavin</b>	Helps in tissue formation.	0.6 mg	Eggs for breakfast. <sup>12</sup>
<b>Thiamine</b>	Helps normal growth.	0.6 mg	Whole grain cereal to start the day. <sup>13</sup>



Adapted from Product Licence and Health Canada.<sup>14-16</sup>

**Warning:** Keep safely out of reach of children. One package of FLINTSTONES™ Multiple Vitamins Complete and Multiple Vitamins Plus Iron contains enough iron to seriously harm a child. Phenylketonurics: Contains Phenylalanine/aspartame. If seal under cap is broken or missing, do not use. Store at room temperature.

Multiple vitamins serve as a supplement to help fill vitamin and mineral gaps, when diet is not enough. **Always read and follow the label.**

\*Ages 4 to 13

†71% of children aged 4 to 8 and 62% of girls and 68% of boys aged 9 to 13 did not get 5 servings of fruits and vegetables per day.

‡Adequate intake for children aged 4 to 8 years

§Alpha-tocopherol<sup>14</sup>

**References:** 1. Statistics Canada. Overview of Canadians' Eating Habits. 2007. <http://www.statcan.gc.ca/pub/82-620-m/2006002/4053669-eng.htm> (Accessed June 16, 2010). 2. National Institutes of Health Office of Dietary Supplements. Vitamin and Mineral Supplement Fact Sheets Vitamin A. 2006. [http://ods.od.nih.gov/Health\\_Information/Vitamin\\_and\\_Mineral\\_Supplement\\_fact\\_Sheets.aspx](http://ods.od.nih.gov/Health_Information/Vitamin_and_Mineral_Supplement_fact_Sheets.aspx) (Accessed May 4, 2010). 3. National Institutes of Health Office of Dietary Supplements. Vitamin and Mineral Supplement Fact Sheets Vitamin B<sub>6</sub>. 2007. <http://ods.od.nih.gov/factsheets/vitaminb6.asp> (Accessed August 30, 2010). 4. National Institutes of Health Office of Dietary Supplements. Vitamin and Mineral Supplement Fact Sheet: Vitamin B<sub>12</sub>. 2010. <http://ods.od.nih.gov/factsheets/vitaminb12.asp> (Accessed August 30, 2010). 5. National Institutes of Health Office of Dietary Supplements. Vitamin C Health Professional Fact Sheet. 2009. [http://ods.od.nih.gov/factsheets/vitamin\\_c.asp](http://ods.od.nih.gov/factsheets/vitamin_c.asp) (Accessed August 30, 2010). 6. National Institutes of Health Office of Dietary Supplements. Dietary Supplement Fact Sheet: Vitamin D Health Professional Fact Sheet. 2009. [http://ods.od.nih.gov/factsheets/vitamin\\_d.asp](http://ods.od.nih.gov/factsheets/vitamin_d.asp) (Accessed August 31, 2010). 7. National Institutes of Health Office of Dietary Supplements. Vitamin E Health Professional Fact Sheet. 2010. [http://ods.od.nih.gov/factsheets/vitamin\\_e.asp](http://ods.od.nih.gov/factsheets/vitamin_e.asp) (Accessed August 31, 2010). 8. National Institutes of Health Office of Dietary Supplements. Dietary Supplement Fact Sheet: Calcium Health Professional Fact Sheet. 2009. <http://ods.od.nih.gov/factsheets/calcium.asp> (Accessed August 31, 2010). 9. National Institutes of Health Office of Dietary Supplements. Dietary Supplement Fact Sheet: Folate. 2009. <http://ods.od.nih.gov/factsheets/folate.asp> (Accessed August 31, 2010). 10. National Institutes of Health Office of Dietary Supplements. Dietary Supplement Fact Sheet: Iron. 2007. <http://ods.od.nih.gov/factsheets/iron.asp> (Accessed August 31, 2010). 11. US National Library of Medicine and National Institutes of Health. Niacin. 2009. <http://www.nlm.nih.gov/medlineplus/ency/article/002409.htm> (Accessed August 31, 2010). 12. US National Library of Medicine and National Institutes of Health. Riboflavin. 2009. <http://www.nlm.nih.gov/medlineplus/ency/article/002411.htm> (Accessed August 31, 2010). 13. US National Library of Medicine and National Institutes of Health. Thiamine. 2009. <http://www.nlm.nih.gov/medlineplus/ency/article/002401.htm> (Accessed August 31, 2010). 14. Health Canada. Reference Values for Vitamins. 2006. [http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref\\_vitam\\_tbl-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_vitam_tbl-eng.php) (Accessed April 29, 2010). 15. Health Canada. Reference values for elements. 2006. [http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref\\_elements\\_tbl-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php) (Accessed June 30, 2010). 16. Bayer Inc. Flintstones Multiple Vitamins Complete Product Licence. 2008.

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