



Children have increased nutrient needs to support their growth and development, but ensuring your child is getting proper nutrition can be challenging. Children's diets should consist of a variety of nutrient-dense foods including vegetables, fruits, lean proteins, whole grains, legumes, nuts, and seeds. While obtaining nutrients directly from healthy foods is ideal, supplements can help fill gaps in your child's diet to support their physical and mental health.

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The following are some of the **top ingredients recommended on Fullscript** for supporting children's health.

## **Magnesium**

Magnesium is used by every cell and contributes to more than 300 biochemical reactions in the body. Among its many functions, magnesium helps repair DNA and regulate muscle and nerve function, blood sugar, and blood pressure. Magnesium deficiency may also lead to increased anxiety and sleep restlessness in children. Research suggests that supplementing with magnesium reduces hyperactivity in children with attention-deficit/hyperactivity disorder (ADHD) and may help improve learning and memory.

Recommended daily allowances for magnesium:

- 0 to 6 months: 30 mg

- 7 to 12 months: 75 mg
- 1 to 3 years: 80 mg
- 4 to 8 years: 130 mg
- 9 to 13 years: 240 mg
- 14 to 18 years (female): 360 mg
- 14 to 18 years (male): 410 mg

Find top-selling magnesium-containing supplements for children on Fullscript:

- [Fizzy Mag™ from Little DaVinci](#)
- [Magnesium + P-5-P from EuroMedica](#) (children 6+)

## Omega-3 fatty acids

As essential fatty acids, omega-3s are necessary for brain and heart health. Dietary sources of omega-3 fatty acids include fatty fish, grass-fed beef, pasture-raised eggs, and nuts and seeds (e.g., chia, flax, walnuts). Studies suggest that the omega-3s found in fish, particularly docosahexaenoic acid (DHA), can improve brain function and mood. Furthermore, supplementing with omega-3s may improve vocabulary and listening comprehension. If your child isn't getting enough omega-3 fatty acids from their diet, adding a supplement may be beneficial.

Find top-selling omega-3-containing supplements for children on Fullscript

- [ProOmega Junior Strawberry 500mg from Nordic Naturals](#)
- [Nordic Omega-3 Gummies from Nordic Naturals](#)
- [MetaKids DHA from Metagenics](#)

## Probiotics

Probiotics may be helpful in easing a number of common digestive issues in children, such as colic, constipation, and diarrhea. Probiotics are available as drops for infants and in chewable or gummy form for older kids. *Lactobacillus rhamnosus GG* and *Saccharomyces boulardii* are two strains that have shown promising effects in preventing diarrhea associated with antibiotic use and treating acute gastrointestinal inflammation that may cause diarrhea and vomiting. Check the label for the strains that fit your child's digestive needs.

Find top-selling probiotic-containing supplements for children on Fullscript

- [Ther-Biotic For Infants from Probiotic Klaire Labs](#)
- [Ther-Biotic Children's Chewable Probiotic from Klaire Labs](#)
- [Dr. Formulated PROBIOTICS Organic Kids+](#)

## Vitamin D

Commonly referred to as the “sunshine vitamin”, vitamin D is synthesized when the skin absorbs UVB rays from the sun. Vitamin D functions as a hormone and is essential for several bodily functions, such as maintaining strong bones and teeth, supporting a healthy immune system, and regulating the nervous system. Bone development is accelerated during childhood, making adequate vitamin D intake especially important. Additionally, research suggests that vitamin D therapy may be beneficial for children with rickets, chronic kidney disease, and cystic fibrosis. In particular, kids who live in northern regions or spend little time in the sun may need to supplement with vitamin D to meet daily needs.

Recommended daily allowances for vitamin D:

- Infant (0 to 12 months): 400 IU (10 mcg)
- Children (1–12 years): 600 IU (15 mcg)
- Teens (13–18 years): 600 IU (15 mcg)

Find top-selling vitamin D-containing supplements for children on Fullscript

- [Micellized Vitamin D3 from Klaire Labs](#)
- [MetaKids™ D3 Liquid from Metagenics](#)
- [Vitamin D3 Infant Drops from Nordic Naturals](#)

## Multivitamins

Providing your child with a daily multivitamin/mineral supplement can help ensure they are meeting their daily nutrient needs. Multivitamins contain essential nutrients for children’s health, including vitamins A, B, C, D, and E, as well as the minerals iodine, iron, and zinc. In addition to improving nutrition status, multivitamins may also improve brain function in healthy children. Multivitamins are often formulated to provide necessary nutrients based on life stage, so be sure to choose a multivitamin specific to your child’s age group.

Find top-selling multivitamins for children on Fullscript

- [Kid's Optimal Multivitamin from Seeking Health](#)
- [MetaKids™ Multi Soft Chew from Metagenics](#)
- [Nordic Berries Gummy Berries from Nordic Naturals](#)

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