

Child Development Supplements

Age-appropriate nutrients for healthy growth, strong bones, and brain development - with safety built for small bodies.

- Growth
- DHA
- Vitamin D
- Immune
- Kids

~90%

of brain growth happens by age five

400-600IU

daily vitamin D recommended for children

Age-based

doses must match a child's age, never adult amounts

#1 rule

keep iron-containing products away from young children

What this category covers

Children's supplements support the fast growth and development of young bodies and brains while keeping doses safe for their size. The priorities are the nutrients kids most often fall short on or need extra of: vitamin D for bones and immunity, DHA and iron for brain development, calcium for the growing skeleton, and iodine for healthy development. For picky eaters or restricted diets, an age-appropriate multivitamin fills small gaps. Whole foods come first, and pediatric dosing and safety are non-negotiable.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Vitamin D	400 - 600 IU	Bone growth & immune support	Strong
Iron	7 - 10 mg	Brain development & prevents anemia	Strong
Iodine	90 - 120 mcg	Growth & brain development	Strong
Calcium	700 - 1,000 mg	Building the growing skeleton	Strong
Omega-3 (DHA)	100 - 250 mg	Brain & eye development	Moderate
Zinc	3 - 8 mg	Growth & immune function	Moderate
Vitamin C	15 - 45 mg	Immune support & iron absorption	Moderate
Multivitamin (age-based)	1 serving	Fills gaps for picky eaters	Moderate

How it helps

The focus is growth, brain development, and immunity - at doses sized for children.



Strong growth

Vitamin D and calcium build the rapidly growing skeleton, while iodine and zinc support overall growth.



Brain development

DHA, iron, and iodine supply building blocks and support for the fast cognitive development of early childhood.



Immune support

Vitamin D, vitamin C, and zinc help support a developing immune system through daycare and school seasons.



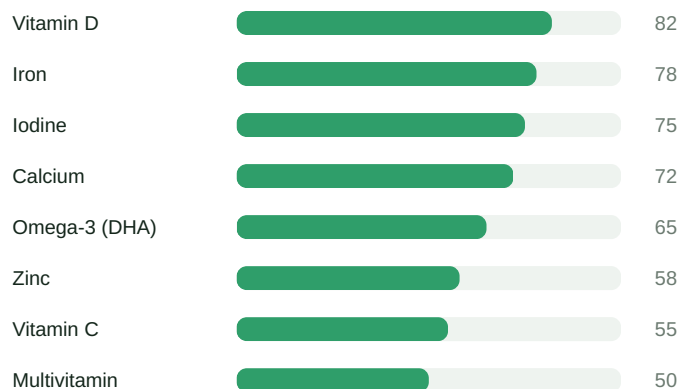
Fills diet gaps

An age-appropriate multivitamin covers small shortfalls for picky eaters or limited diets, without overdoing any nutrient.

The data at a glance

Weight of human evidence by nutrient

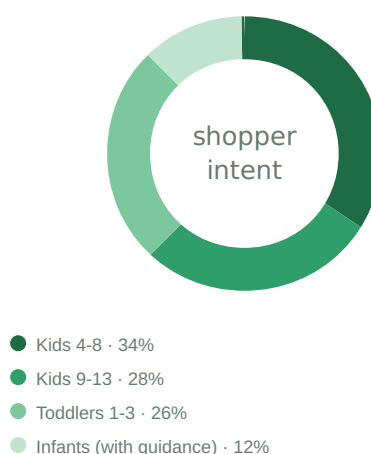
Higher = stronger, more consistent support for healthy child development.



● Relative strength of human evidence (0-100)

Who buys this category

Illustrative demand mix by child age.



Who it's for & how to use

Best for

Picky eaters, children with limited sun exposure or restricted (e.g. vegetarian) diets, and kids whose doctor has flagged a specific gap.

When to take

With meals, in age-appropriate forms (drops for infants, chewables or gummies for older kids), and always at pediatric doses.

What to pair

Vitamin D with calcium for bones; iron with a vitamin C source for absorption - only when advised.

Safety & interactions

- Use only age-appropriate children's products at pediatric doses - never give a child adult-strength supplements.
- Iron overdose is a leading cause of poisoning in young children - store iron-containing products locked away and out of reach.
- Gummies and chewables are a choking hazard for young children and should be given under supervision.
- Talk to a pediatrician before starting supplements, especially iron, in infants and toddlers.
- Whole foods come first - supplements fill gaps, they don't replace a varied diet.

Frequently asked

Does my child actually need vitamins?

Many children who eat a varied diet don't. Supplements help most for picky eaters, limited diets, low sun exposure, or a specific gap your pediatrician identifies.

Are gummy vitamins okay?

They're fine for gap-filling but often lower in some minerals and easy to over-eat because they taste like candy. Keep them out of reach and stick to the dose.

Why the strong warning about iron?

Children's bodies can't easily clear excess iron, so an accidental overdose is genuinely dangerous. Only supplement iron when advised, and store it securely.

How do I handle a picky eater?

Keep offering varied foods, and use an age-appropriate multivitamin as a safety net. It covers small gaps while their eating habits develop.

Featured products

Live items from this category, populated from the Tradebee products-read action.

No live products loaded. Populate **products[]** from the Tradebee products-read action to list this category's catalog here.

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