UNDERSTANDING VITAMIN SUPPLEMENTS FOR CHILDREN

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Children are very active and are in the stage of growth and development of their physical and mental being. The need for healthy food choices and exercise is crucial. Giving vitamins can be very helpful as well.

Vitamins and minerals are important elements of the total nutritional needs of children. The human body is not able to produce sufficient amounts of many vitamins obtained from its daily diet. As a person grows up or grows old, there are certain or specific vitamin needs that can help the individual stay healthier.

Pediatricians and doctors for the adult group can recommend vitamin supplements that can help meet the body’s needs. These over-the-counter supplements are generally safe but it cannot be denied that they are still drugs. If taken in unnecessary amounts, some supplements, especially the fat-soluble vitamins (A, D, E, and K) can be toxic.

In some cases, like for a specific condition or disease, vitamin supplementation can be an important contributor to health. Nevertheless, the so-called megavitamin therapy or orthomolecular medicine where vitamins are given in very large doses for conditions like mental retardation, hyperactivity, and dyslexia, there are no proven scientific validity and may even pose some risks. Another example is Vitamin C which when consumed in large doses to treat a cold can sometimes cause headaches, diarrhea, nausea, and cramps.

It is vital to consult a pediatrician before giving supplements to children. Maximize the natural vitamins the children get from the food they eat. Natural vitamins are still the best. Keep safety in mind as well as vitamin supplement can serve its purpose better when
taken with necessary precautions. Never leave a bottle of vitamins on the table as this can pose danger to children who might think they are just like candies that can be taken anytime they wish.

References:

