

VitaSpectrum®

Multiple vitamin/mineral supplement for children on the spectrum†

VitaSpectrum® is a multiple vitamin/mineral supplement formulated for the special nutritional needs of individuals on the spectrum and for individuals with similar metabolic imbalances related to inadequate dietary amounts of vitamins and minerals.

Digestive function, including transit time and absorption issues, affects a significant percentage of individuals on the spectrum and commonly contributes to altered nutritional requirements. Restrictive diets and a tendency to be picky eaters can further narrow dietary intake of essential nutrients. VitaSpectrum® helps to address these challenges by supplying balanced amounts of vitamins, minerals, and trace elements in forms that are bioavailable and typically well-tolerated by those on the spectrum.

Bioactive forms of folate, B₁₂, and B₆ are included along with naturally sourced carotenes, vitamin E and D for optimal nutrient absorption and utilization. Iron and copper are excluded. This formula complies with Gluten-Free/Casein-Free (GF/CF) diets. Some of the key features of VitaSpectrum® include:

- **Well-utilized nutrient forms:** Nutrient “families” are used to provide a wide range of nutritional activity. For example, natural mixed carotenoids and vitamin E tocopherols are included to provide diverse antioxidant benefits of vitamins A and E. Concentrated citrus bioflavonoids are added to complement vitamin C activity.
- **Biologically active forms of folate, B₁₂, and B₆:** Vitamins B₁₂ and folate work together to support methylation and help maintain normal homocysteine metabolism.[†] Research suggests individuals on the spectrum may experience challenges when it comes to methylation pathways. VitaSpectrum® provides active forms of these vitamins that are ready for use in the body. Vitamin B₆ is also included in a bioactive form to support transsulfuration pathways.[†]
- **Bioavailable minerals and trace elements:** Many common forms of minerals used in supplements are not efficiently absorbed. To address this concern, VitaSpectrum® contains low molecular weight mineral compounds and other minerals in bioavailable forms to support absorption and utilization by the body.

Formula:

Supplement Facts

Serving Size 1 Scoop (Approx. 1 teaspoon or 5.5 grams) • Servings Per Container 30

Amount Per Scoop		% Daily Value
Vitamin A (64% (1,050 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene, and beta-cryptoxanthin) from <i>D. salina</i> and 36% (600 mcg RAE) as vitamin A palmitate)	1,650 mcg RAE	183%
Vitamin C (as L-ascorbic acid)	500 mg	556%
Vitamin D ₃ (as cholecalciferol)	25 mcg	125%
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-alpha-tocopherol) from soy	97 mg	647%
Vitamin K ₁ (as phytonadione)	60 mcg	50%
Thiamine (as thiamine mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (67% as niacinamide, 33% as niacin)	60 mg	375%
Vitamin B ₆ (67% as pyridoxine HCl, 33% as pyridoxal 5'-phosphate)	15 mg	882%
Folate (as Metafolin® L-5-methyltetrahydrofolate)	680 mcg DFE	170%
Vitamin B ₁₂ (as methylcobalamin)	50 mcg	2,083%
Biotin	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	75 mg	14%
Calcium (as calcium citrate-malate)	300 mg	23%
Iodine (from kelp)	150 mcg	100%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide ^{††})	300 mg	71%
Zinc (as zinc bisglycinate chelate ^{††})	15 mg	136%
Selenium (as selenium amino acid complex)	200 mcg	364%
Manganese (as manganese bisglycinate chelate ^{††})	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate ^{††})	150 mcg	429%
Molybdenum (as molybdenum glycinate chelate ^{††})	100 mcg	222%
Potassium (as potassium chloride)	100 mg	2%
Boron (as boron amino acid complex ^{††})	2 mg	*
Vanadium (as bisglycinate oxovanadium)	50 mcg	*
Inositol	25 mg	*
Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg	*
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) from soy	100 mg	*

*Daily Value not established.

Other ingredients: Natural citrus flavor or natural berry-pomegranate flavor.

†Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. 

††Albion® Laboratories.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Suggested use: Adults: 1 serving daily with food.
Children 4-14 years of age: Take up to 1/2 scoop daily or as directed by healthcare professional.
Children less than 4 years of age: As directed by healthcare professional. Mix powder directly into room temperature or cold foods or beverages just before serving. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

K-VTS 5.8 oz (165 grams) citrus flavored powder
K-VTS-BP 5.8 oz (165 grams) berry-pomegranate flavored powder