

Bring to your pediatrician: Everstack kids candidate products

Child name: _____ Age: _____ Weight: _____ Date: _____

Parent note: I am considering the product(s) below and would like your advice before using them. They are candidate products, not yet for sale.

Product (grade)	Ages per label	Label dose	Evidence in brief	Key caution
Kids Vitamin D3 Drops (A) Supports healthy bones and teeth.*	Infants from birth and children (per label)	1 drop (400 IU, 10 mcg) daily, on a nipple, breast, spoon or in food. Do not exceed label dose.	AAP recommends 400 IU/day for breastfed infants from the first days of life. [1]	Formula already contains vitamin D; ask how much your baby needs from drops.
Kids Omega-3 DHA (C) Supports normal brain and eye development.*	Children 4 to 12 years (per label)	1 softgel daily (250 mg DHA, 100 mg EPA) with food.	Food first (low-mercury fish). Supplement evidence for thinking in healthy children is limited. [2]	Contains fish. Not for children with fish allergy.
Kids Daily Multivitamin (iron-free) (C) Helps fill common nutrient gaps to support normal growth.*	Children 4 years and older (per label)	1 chewable tablet daily with food.	A backup to a varied diet. Iron-free because accidental iron overdose is dangerous for under-6s. [3]	Looks and tastes pleasant: it is not candy. Store out of reach.
Kids Daily Probiotic (C) Supports digestive health.*	Children 3 years and older (per label)	1 stick (Lactobacillus rhamnosus GG, 10 billion CFU at expiry) daily in cool food or drink.	Cochrane: probably fewer respiratory infections, low-to-moderate certainty; strain-specific. [4]	Not for premature infants, children with weakened immune systems, central lines or serious illness.

Sources: [1] Wagner et al. 2008, Pediatrics (AAP), doi.org/10.1542/peds.2008-1862; [2] NIH ODS, Omega-3 fact sheet, ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/; [3] NIH ODS, Vitamin D fact sheet, ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/; [4] Zhao et al. 2022, Cochrane, doi.org/10.1002/14651858.CD006895.pub4. Full evidence, ingredients and cautions are on each product's sheet. All products: keep out of reach of children; do not exceed the label dose.

Questions to ask

- Which, if any, of these does my child need?
- Is it safe to combine them? Do any duplicate vitamin D?
- Should any labs (vitamin D, iron) be checked first?

Pediatrician notes

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Education only, not medical advice.

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