

ABC's & 123's



MANUFACTURED EXCLUSIVELY FOR NUTRITOTS LLC
PO Box 19039 Sugar Land, TX 77496

ABC's & 123's



Clinical Applications

- Supports Micronutrition for Optimal Growth, Normal Development, and Long-Term Health*
- Helps Ensure That Children Who Are Picky Eaters, Have Poor Appetites, or Are on Restricted Diets Get the Nutrients They Might Be Missing*
- Helps Bridge Nutritional Gaps Resulting from Diets Low in Healthful Fruits and Vegetables and High in Processed Foods and Sugar*
- Provides Micronutrients Important for Healthy Immunity to Fight Common Ailments*
- Ideal for Children and Adolescents Who Cannot Swallow Capsules*

*ABC's & 123's is formulated to address children's unique nutritional needs for growth, development, and vitality and to help close the nutritional gaps that commonly result from suboptimal diets. Each great-tasting tablet provides 23 important vitamins and minerals in active, highly bioavailable forms and is free of artificial colors and flavors, preservatives, and high-fructose corn syrup.**

All Nutritots LLC Formulas Meet or Exceed cGMP Quality Standards

Discussion

Good nutrition in childhood and adolescence is essential for achieving optimal growth and normal development. It also greatly impacts overall health and well-being, including resistance to infection and achieving peak bone mass.^[1] Not only does good nutrition impact health, but it also influences socialization, self-esteem, and academic performance.^[2,3] Unfortunately, the diets of many American children fall considerably short of recommended dietary standards.^[4] For instance, vitamins A, C, D, and E as well as folate, calcium, and magnesium are all underconsumed relative to the estimated average requirements (EARs).^[5]

Finding a children's multivitamin and mineral formula that comprises nutrients in their most highly absorbable form, such as 5-MTHF instead of folic acid^[6,7]; is free of toxic additives and preservatives; and tastes great without using corn syrup can be very challenging. Nutritots LLC has met this challenge with ABC's & 123's.

Clean ABC's & 123's is free of the common allergens wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, and egg. It does not contain hydrogenated oils, dyes, artificial colors, or other additives, such as high-fructose corn syrup; nor does it contain artificial flavors, sweeteners, or preservatives.

Quality, Naturally ABC's & 123's micronutrients are provided in bioavailable forms so that they can be better absorbed and utilized. The formula features a full complement of Albion® patented mineral chelates and complexes.^[8] It not only provides natural vitamin E, which has been proven to be up to 100% more bioavailable than synthetic dl-alpha-tocopherol, but it also delivers mixed tocopherols to more closely approximate how one might consume vitamin E in healthful foods.^[9,10] Folate is provided as Quatrefolic—5-methyltetrahydrofolate (5-MTHF) glucosamine salt. 5-MTHF is the most bioactive form of folate.^[11] K2 is delivered in the form of menaquinone-7. Vitamin B12 is provided as MecobalActive™, a form of methylcobalamin that has very high purity; no harmful solvents are used in its production.^[12] Vitamins B2 and B6 are also provided in activated forms.*

Taste To get children to take a supplement, it must taste good. The mixed berry flavor makes it easy to incorporate ABC's & 123's into kids' daily routines; they will never notice all the great B vitamins and other micronutrients they are getting. Its delicious blend of blackberry, blueberry, strawberry, raspberry, and cherry flavors has the perfect balance of sweetness and tartness—one doesn't overpower the other. There's also no stevia. ABC's & 123's is sweetened by xylitol and monk fruit extract.*^[13]

Complete Many vitamins and minerals work synergistically and cooperatively. ABC's & 123's features a 23-nutrient profile that includes calcium and magnesium, zinc and copper, vitamins C and E, B vitamin complex, beta-carotene, and trace elements.*

Divided Dosing Unlike one-a-day multivitamins, ABC's & 123's doses can be divided throughout the day to allow better utilization of the nutrients. This is particularly important for water-soluble nutrients like vitamin C and the B vitamins.*

Energy Production Kids need energy to perform well in school and keep up with their extracurricular activities. ABC's & 123's provides generous levels of B vitamins, which serve as prime coenzymes in glycolysis and oxidative phosphorylation and as cofactors in amino acid and lipid metabolism. Many functional medicine practitioners believe that the balanced presence of B vitamins is essential to their cooperative functioning.*

Antioxidant Protection Vitamins E and C, selenium, zinc, trace elements, and 1,275 mg of mixed carotenoids (beta-carotene, alpha-carotene, lutein, lycopene, and zeaxanthin) provide broad-spectrum antioxidant activity. The combined presence of all of these nutrients supports their ability to regenerate each other and maintain consistent levels of antioxidant activity both intra- and extracellularly.*

***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.**



Supplement Facts

Serving Size: 4 Chewable Tablets
Servings Per Container: 15

	%DV for Children 1 through 3 Years of Age		%DV for Adults and Children 4 or more Years of Age			%DV for Children 1 through 3 Years of Age		%DV for Adults and Children 4 or more Years of Age	
	Amount Per Serving		Amount Per Serving			Amount Per Serving		Amount Per Serving	
Calories	15								
Total Carbohydrate	6 g	4%†	2%†		Magnessium (as dimagnesium malate)‡§	50 mg	63%	12%	
Vitamin A (300 mcg (50%) as natural beta-carotene and 300 mcg (50%) as retinyl palmitate)	600 mcg	200%	67%		Zinc (as zinc bisglycinate chelate)‡§	7.5 mg	250%	68%	
Vitamin C (ascorbic acid)	250 mg	1667%	278%		Selenium (as selenium glycinate complex)‡§	50 mcg	250%	91%	
Vitamin D3 (cholecalciferol)	12.5 mcg (500 IU)	83%	63%		Copper (as copper bisglycinate chelate)‡§	0.5 mg	167%	56%	
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	558%	223%		Manganese (as manganese bisglycinate chelate)‡§	50 mcg	42%	22%	
Thiamin (as thiamine HCl)	5 mg	1000%	417%		Chromium (as chromium nicotinate glycinate chelate)‡§	50 mcg	455%	143%	
Riboflavin (as riboflavin and riboflavin 5'-phosphate sodium)	5 mg	1000%	385%		Molybdenum (as molybdenum glycinate chelate)‡§	50 mcg	294%	111%	
Niacin (as niacinamide)	10 mg	167%	63%		Natural Mixed Tocopherols	18 mg	**	**	
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	2.5 mg	500%	147%		Natural Mixed Carotenoids	1,275 mg	**	**	
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt)‡§	200 mcg DFE	133%	50%		Typical Composition:				
Vitamin B12 (as methylcobalamin)	50 mcg	5556%	2083%		Beta-Carotene	600 mcg	**	**	
Biotin	150 mcg	1875%	500%		Alpha-Carotene	250 mcg	**	**	
Pantothenic Acid (as d-calcium pantothenate)	10 mg	500%	200%		Lutein	246 mcg	**	**	
Calcium (as calcium citrate malate)‡§	50 mg	7%	4%		Lycopene	123 mcg	**	**	
Iron (as ferric glycinate)‡§	3 mg	43%	17%		Zeaxanthin	12 mcg	**	**	
Iodine (as potassium iodide)	75 mcg	83%	50%		Vitamin K2 (as menaquinone-7)	15 mcg	**	**	

Other Ingredients: Xylitol, natural flavors (no MSG), vegetable stearic acid, citric acid, silica, vegetable magnesium stearate, monk fruit extract, and malic acid.

Directions

Children 1-3 years: one to two tablets twice daily; 4 years or more: two to four tablets twice daily, or take as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

Formulated To Exclude

Wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

References

1. Story M, Stang J. Nutrition Needs in Adolescents. In: Stang J, Story M, eds. *Guidelines for Adolescent Nutrition Services*. Minneapolis, MN: Center for Leadership, Education and Training in Maternal and Child Nutrition, Division of Epidemiology and Community Health, School of Public Health, University of Minnesota; 2005. http://www.epi.umn.edu/let/pubs/img/adol_ch3.pdf. Accessed February 21, 2017.
2. Nutrition-Related Health Concerns, Dietary Intakes, and Eating Behaviors of Children and Adolescents. In: Stallings V, Yaktine A, eds. *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth*. Washington, DC: The National Academies Press; 2007. <http://www.nap.edu/read/11899/chapter/4>. Accessed February 21, 2017.
3. Stuber, N. *Nutrition and Students' Academic Performance*. Saint Paul, MN: Wilder Research; January 2014. <https://www.wilder.org/Wilder-Research/Publications/Studies/Fueling%20Academic%20Performance%20-%20Strategies%20to%20Foster%20Healthy%20Eating%20Among%20Students/Nutrition%20and%20Students'%20Academic%20Performance.pdf>. Accessed February 21, 2017.
4. Stallings V, Yaktine A, eds. *Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth*. Washington, DC: The National Academies Press; 2007. <http://www.nap.edu/read/11899/chapter/1>. Accessed August 8, 2016.
5. US Department of Agriculture. Part D. Chapter 1: Food and Nutrient Intakes, and Health: Current Status and Trends. In: *Scientific Report of the 2015 Dietary Guidelines Advisory Committee*. <https://health.gov/dietaryguidelines/2015-scientific-report/PDFs/06-Part-D-Chapter-1.pdf>. Accessed February 21, 2017.
6. Scaglione F, Panzavolta G. Folate, folic acid and 5-methyltetrahydrofolate are not the same thing. *Xenobiotica*. 2014 May;44(5):480-88. [PMID: 24494987]
7. Miraglia N, Agostinetto M, Bianchi D, et al. Enhanced oral bioavailability of a novel folate salt: comparison with folic acid and a calcium folate salt in a pharmacokinetic study in rats. *Minerva Ginecol*. 2016 Apr;68(2):99-105. [PMID: 27008238]
8. TRAACS®: The real amino acid chelate system. Albion® *Research Notes*. <http://www.albionhumannutrition.com/research-notes/134-traacs-the-real-amino-acid-chelate-system>. Accessed February 21, 2017.
9. Kiyose C, Muramatsu R, Kameyama Y, et al. Biodiscrimination of alpha-tocopherol stereoisomers in humans after oral administration. *Am J Clin Nutr*. 1997 Mar;65(3):785-89. [PMID: 9062530]
10. Burton GW, Traber MG, Acuff RV, et al. Human plasma and tissue alpha-tocopherol concentrations in response to supplementation with deuterated natural and synthetic vitamin E. *Am J Clin Nutr*. 1998 Apr;67(4):669-84. [PMID: 9537614]
11. Venn BJ, Green TJ, Moser R, et al. Comparison of the effect of low-dose supplementation with L-5-methyltetrahydrofolate or folic acid on plasma homocysteine: a randomized placebo-controlled study. *Am J Clin Nutr*. 2003 Mar;77(3):658-62. [PMID: 12600857]
12. Sallares J, Petschen I, Camps X, inventors; Ferrar International, S.A., applicant. Process for the production of methylcobalamin. International publication number [English] WO 2006100059 A1. September 28, 2006.
13. Li XE, Lopetcharat K, Drake MA. Parents' and children's acceptance of skim chocolate milks sweetened by monk fruit and stevia leaf extracts. *J Food Sci*. 2015 May;80(5):S1083-92. [PMID: 25847181]

Warning

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

***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.**

MANUFACTURED EXCLUSIVELY FOR NUTRITOTS LLC
PO Box 19039 Sugar Land, TX 77496

DRS-309
REV. 01/07/21