

Dr. Kilbane's  
healthy kids  
**happy**  
moms workbook



## INTEGRATIVE GUIDE TO SUPPLEMENTS

One of the first questions parents often ask me is what supplements kids should take. I created this guide to make the foundational supplements I recommend available and easy to understand. These supplements are universal and can be taken by kids or adults!



Let's Get Your Child  
*Thriving* Again!

[sheilakilbane.com](http://sheilakilbane.com)


The information included in this handout is for informational and educational purposes only. It is not intended to be a substitute for professional medical advice. You should consult your own healthcare provider to determine the appropriateness of the information for your own situation or if you have questions regarding a medical condition or treatment plan.

NOTE: This guide is not appropriate for kids who are low weight, have failure to thrive, disordered eating, are extremely picky eaters, have a serious underlying condition such as cancer, or have an undiagnosed illness.

# SUPPLEMENT START GUIDE

To order supplements, visit [sheilakilbane.com/store](http://sheilakilbane.com/store)



	WEEK	WEEK	WEEK	WEEK	WEEK	WEEK	WEEK
	PROBIOTIC	DIGESTIVE ENZYME	OMEGA-3 FATS	VITAMIN D3	WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN MINERAL	MAGNESIUM	ZINC
 <b>BREAKFAST</b>	PROBIOTIC (PLANTADOPHILUS) - TAKE AT START OF BREAKFAST & DINNER						
	ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER						
	OMEGA-3 FATS - TAKE WITH DIGESTIVE ENZYME						
	VITAMIN D3 - TAKE IN WINTER ONLY						
	WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN						
	MAGNESIUM						
	ZINC						
<b>LUNCH</b>							
<b>DINNER</b>	PROBIOTIC - TAKE AT START OF BREAKFAST & DINNER						
	ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER						
	MAGNESIUM						

# SUPPLEMENT DOSING




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Start the supplements one at a time for one week before starting the next one. That way, if your child has a reaction (good or bad), you will know which supplement they reacted to.

## 1 START PROBIOTIC

### healthy kids **happy** moms **Plantadophilus Capsules\***






Age	Start of Breakfast	Start of Dinner
 Infants (FIRST speak to your doctor)	Open capsule, wet your fingers, then rub a small amount of powder on your nipple or the baby's gums or put it in the bottle at the start of feeding (2-3 times a day).	
1 year and up	1/2 to 1 capsule twice daily 	1 capsule 

\*You can open up the capsule to mix it with soft food, and it tastes surprisingly good!








## 2 START DIGESTIVE ENZYME - PICK ONE FORM (powder, chewable, or capsule)

People with an ulcer or eosinophilic esophagitis should NOT take digestive enzymes.








### healthy kids **happy** moms **Kidz Digest Powder\* (contains flax)**

Age	Start of Breakfast	Start of Dinner
 Infants (FIRST speak to your doctor)	Wet your fingers, then rub a small amount of powder on your nipple or the baby's gums or put it in the bottle at the start of feeding (2-3 times a day).	
1 to 2 years	1/2 a scoop 	1/2 a scoop 
3 years+	1 scoop 	1 scoop 

### healthy kids **happy** moms **Kidz Digest Berry Flavored Chewable\* (contains flax)**

Age	Start of Breakfast	Start of Dinner
 2 to 3 years	1 chewable 	1 chewable 
4 years+	2 chewables  	2 chewables  

### healthy kids **happy** moms **Digest Capsules\* (plus Carbo-G\*\* if gluten sensitive)**

Age	Start of Breakfast	Start of Dinner
 3 to 5 years	1/2 capsule 	1/2 capsule 
6 years+	1 capsule  +1 capsule Carbo-G if needed 	1 capsule  +1 capsule Carbo-G if needed 

\*Take enzymes at the start of breakfast and dinner along with the probiotic. Mix powder in soft food or liquid.

\*\*If gluten is an issue (i.e., Celiac disease or gluten sensitivity), take 1 **Digest capsule** plus 1 **Carbo-G capsule** at the start of breakfast and dinner (Carbo-G contains some herbs, so I don't recommend opening up the capsule, because the powder will not taste very good). The Digest capsule does not contain DPPIV (an enzyme that breaks down gluten), the Kidz Digest Powder and Chewable do contain DPPIV.

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## 3 START AN OMEGA-3 FAT (FISH OIL)

	<b>Barlean's Omega-3 Fish Oil Liquid</b>	OR	healthy kids <b>happy</b> moms <b>Fish Oil Gel Capsules</b>
<b>Age</b>	<b>Contains EPA, DHA, Vitamin D</b>		<b>Contains EPA, DHA, Vitamin D</b>
1 to 2 years	1 tsp daily (360 mg EPA + DHA)		
3 to 5 years	1 ¼ tsps daily (630 mg EPA + DHA)		
6 to 11 years	2 ¼ tsps daily (810 mg EPA + DHA)		1 capsule daily (820 mg EPA + DHA)
12 years +	3 to 4 tsps daily (1,080 to 1,440 mg EPA + DHA)		2 capsules daily (1,640 mg EPA + DHA)

## 4 START VITAMIN D

	<b>Carlson Baby's Super D3 Liquid</b>	OR	healthy kids <b>happy</b> moms <b>Vitamin D3 with K2 Liquid</b>
<b>Age</b>	<b>Contains Vitamin D3</b>		<b>Contains Vitamin D3, Vitamin K2</b>
0 to 1 year*	1 drop daily (400 IU)*		
2 to 70 years			1 single drop (not a full dropper) daily (1,000 IU)
71 years +			1 single drop (not a full dropper) daily (1,000 IU)

\*Breastfeeding infants should be supplemented daily. Formula fed babies who are not drinking one-quart (32 ounces) daily should be supplemented. 32 ounces of formula contains 400 IU vitamin D.

NOTE: I typically give kids 2 years and older 1,000 IU/day, but I am also following their levels via bloodwork. This should only be done in conjunction with your child's doctor.

## 5 START A WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN MINERAL

<b>Whole-Food Supplement Options</b>	<b>Multivitamin Mineral Options</b>
<ul style="list-style-type: none"> <li>• Hiya Kids Daily Multivitamin To order, visit <a href="http://hiyahealth.com/?rfsn=5693246.aad68f">hiyahealth.com/?rfsn=5693246.aad68f</a></li> <li>• Juice Plus To order, visit <a href="http://drkilbane.juiceplus.com">drkilbane.juiceplus.com</a></li> <li>• Garden of Life mykind Organics Kids Multi Gummies To order, visit <a href="http://gardenoflife.com/mykind-organics-kids-multi-gummies-organic-cherry">gardenoflife.com/mykind-organics-kids-multi-gummies-organic-cherry</a></li> <li>• Vitamin Code Kids Chewable Whole Food Multivitamin for Kids To order, visit <a href="http://gardenoflife.com/vitamin-code-kids-multivitamin">gardenoflife.com/vitamin-code-kids-multivitamin</a></li> </ul>	<ul style="list-style-type: none"> <li>• Seeking Health Multivitamin Mineral</li> <li>• Smarty Pants Kids Complete</li> </ul>

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## 6 START MAGNESIUM IF NEEDED

Signs of magnesium depletion include, loss of appetite, nausea, fatigue, constipation, asthma, trouble sleeping, headaches, muscle cramps, fatigue, high blood pressure, heart palpitations (only if working with a cardiologist), ADHD, anxiety.

	healthy kids <b>happy</b> moms <b>Advanced Magnesium Powder</b>	OR	healthy kids <b>happy</b> moms <b>Advanced Magnesium Capsules</b>
<b>Age</b>			
1 to 3 years	1/4 scoop once or twice daily (75 to 150 mg)		1 capsule daily (117 mg)
4 to 8 years	2/3 scoop once or twice daily (200 to 400 mg)		2 capsules daily (235 mg)
9 to 11 years	1 scoop once or twice (300 to 600 mg)		3 capsules daily (352 mg)
12 years+	1 to 1 1/2 scoops once or twice (300 to 900 mg) daily		4 capsules (470 mg) once daily or 2 capsules twice daily

Your child may need a higher dose than what is listed if he or she has constipation or asthma. Magnesium supplements (in the right form), are safe and well-tolerated. You can dose magnesium to tolerance, which means if the stools become loose, back off to a lower dose. Modify dose up or down for one soft stool per day.

## 7 START ZINC IF NEEDED

You can do a 2 month trial of zinc if your child has any of the following: picky eater, poor appetite, poor growth, developmental delays, recurrent illnesses (kids who have been on many rounds of antibiotics), loose stools or diarrhea, hair loss, delayed puberty, eye or skin issues such as eczema or recurrent rashes.

The following are the doses I use for patients in my practice when I am closely following their levels through blood work. Do not give zinc longer than 2 months unless you are doing it in conjunction with your child's doctor.


	Pure Encapsulations Liquid	OR	Pure Encapsulations Capsules*
<b>Age</b>			
1 to 4 years	2 full droppers daily (7.5 mg)		1/4 capsule daily (7.5 mg)
5 to 11 years	4 full droppers daily (15 mg)		1/2 capsule daily (15 mg)
12 years+	8 full droppers daily (30 mg)		1 capsule daily (30 mg)

\*Capsules may be opened and mixed with soft food or liquid, but the powder inside of the capsules does not usually taste very good.

# SUPPLEMENT ROADMAP

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	WINTER	SPRING	SUMMER	FALL
<b>PROBIOTIC</b>	TAKE DURING COLD WEATHER MONTHS			TAKE DURING COLD WEATHER MONTHS
<b>DIGESTIVE ENZYME</b>	TAKE AS NEEDED FOR DIGESTIVE ISSUES			
<b>OMEGA-3 FATS</b>	TAKE YEAR ROUND IF YOUR CHILD IS NOT EATING OMEGA-3 RICH FOODS (SEE APPENDIX) .OR IF HE/SHE HAS ECZEMA, RECURRENT ILLNESSES, ASTHMA, ALLERGIES, CONSTIPATION, ADHD, OR ANXIETY			
<b>VITAMIN D3</b>	TAKE DURING COLD WEATHER MONTHS			TAKE DURING COLD WEATHER MONTHS
<b>WHOLE FOOD SUPPLEMENT OR MULTI-VITAMIN MINERAL</b>	TAKE YEAR ROUND			
<b>MAGNESIUM</b>	TAKE YEAR ROUND IF YOUR CHILD IS NOT EATING MAGNESIUM RICH FOODS (SEE APPENDIX), OR IF HE/SHE HAS CONSTIPATION, ASTHMA, SLEEP ISSUES, HEADACHES, MUSCLE CRAMPS, ADHD, OR ANXIETY.			
<b>ZINC</b>	A TRIAL OF ZINC MAY BE BENEFICIAL FOR KIDS NOT EATING ZINC RICH FOODS (SEE APPENDIX) OR FOR PICKY EATERS ECZEMA, LOOSE STOOLS, OR RECURRENT ILLNESSES. DO NOT TAKE LONGER THAN 2 MONTHS UNLESS BEING FOLLOWED BY YOUR DOCTOR BECAUSE ZINC CAN IMPACT COPPER LEVELS.			

# COLD & FLU RESCUE KIT

To order supplements, visit [sheilakilbane.com/store](http://sheilakilbane.com/store)



## 1 Protease

When taken on an empty stomach, proteases get absorbed into the bloodstream and help the immune system to function optimally. (We call Purezyme Nature's ibuprofen in our practice!)

healthy kids <b>happy</b> moms <b>PureZyme Capsules</b>	
<b>Age</b>	
1 to 3 years	1/2 capsule twice daily
4 to 8 years	1 capsule twice daily
9 years+	1 to 2 capsules twice daily

## 2 Immunoglobulin

Contains beef. Do NOT take if you or your child have a beef allergy. Provides concentrated immunoglobulins to enhance mucosal immunity, supports the lining of the GI tract, and helps maintain normal inflammatory balance.

healthy kids <b>happy</b> moms <b>Immune Protect Powder</b>		OR	healthy kids <b>happy</b> moms <b>Immune Protect Capsules</b>	
<b>Age</b>				
1 to 2 years	1/4 scoop daily			1 capsule daily
3 to 5 years	1 scoop daily (2 g per 1 scoop)*			2 to 4 capsules daily (1 g per 2 capsules)**
6 to 11 years	1 scoop once or twice daily			3 to 4 capsules once or twice daily
12 years+	1 scoop once or twice daily			4 caps once or twice daily

\*Mix in 4-ounces of water, other liquid, or soft food.

\*\*May open capsule and mix with soft food or liquid.

## 3 Vitamin C

healthy kids <b>happy</b> moms <b>Advanced Vitamin C Powder</b>		OR	healthy kids <b>happy</b> moms <b>Advanced Vitamin C Capsules</b>	
<b>Age</b>	<b>Soy free. Contains sodium ascorbate, ascorbic acid, phosphatidylcholine*</b>			
1 to 3 years	1/16 scoop once or twice daily (147 to 294 mg)			1/4 capsule once or twice daily (87.5 to 175 mg)
4 to 8 years	1/8 scoop once or twice daily (294 to 587.5 mg)			1/2 capsules once or twice daily (350 to 700 mg)
9 to 11 years	1/4 scoop once or twice daily (588 to 1,175 mg)			1 capsule once or twice daily (350 to 700 mg)
12 years+	1/2 scoop once or twice daily (1,175-2350 mg)			1- 2 capsules once or twice daily (350 to 1400 mg)

\*Shake well before each use.

# COLD & FLU RESCUE KIT

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## 4 ZINC

Do not take longer than 6-8 weeks unless your doctor is checking your levels.

	Pure Encapsulations Liquid	OR	Pure Encapsulations Capsules*
<b>Age</b>			
1 to 4 years	2 full droppers daily (7.5 mg)		1/4 capsule daily (7.5 mg)
5 to 11 years	4 full droppers daily (15 mg)		1/2 capsule daily (15 mg)
12 years+	8 full droppers daily (30 mg)		1 capsule daily (30 mg)

\*Capsules may be opened and mixed with soft food or liquid, but the powder inside of the capsules does not usually taste very good.

## 5 QUERCETIN

Helps to raise intracellular levels of zinc.

	Jarrow Formulas Capsules	OR	Pure Encapsulations Capsules
<b>Age</b>			
2 to 5 years	1/4 capsule daily (125 mg)		1/2 capsule daily (125 mg)
6 to 11 years	1/2 capsule daily (250 mg)		1 capsule daily (250 mg)
12 years+	1 capsule daily (500 mg)		2 capsules daily (500 mg)

### ELDERBERRY SYRUP

Elderberry may be helpful for allergies, Influenza or the common cold. It stimulates the immune system by increasing the release of a cytokine called IL-1B. Because of this, elderberry should not be taken daily, over a long period of time by anyone with an autoimmune condition. If you choose to take elderberry, I recommend Sweet's Syrup [www.sweetssyrup.com](http://www.sweetssyrup.com).

### NASAL IRRIGATION

Keeping the nose moist with a daily saline rinse can help sweep bacteria, viruses, and allergens from the nasal passage. You can use saline spray or a Neti Pot.

### XLEAR NASAL SPRAY

Start nasal spray at the first sign of illness.



## HEALTHY KIDS HAPPY MOMS TEAM

*Our mission is to transform pediatric healthcare  
and get 1 million kids off meds they may not need.*

A voice for children

An ear for parents

A resource for other healthcare practitioners



**Sheila Kilbane, MD**

Board-certified pediatrician who also trained with Andrew Weil, MD at the University of Arizona in integrative medicine. She works with families to find the root cause of illness and uses natural and nutritional therapies whenever possible.

A handwritten signature in black ink that reads "Sheila Kilbane".



**Deborah Allen, RPh**

Board-certified pharmacist, and mother of triplets. She works to empower families with a step-by-step holistic approach that begins healing at the cellular level.

A handwritten signature in black ink that reads "Deborah Allen RPh".

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