

## Kids VitaGBX Frequently Asked Questions

### 1. How and when should Kids VitaGBX be taken?

Chew 2 tablets at breakfast and an additional 2 tablets at dinner. Do not exceed 4 tablets per day.

### 2. Is it Vegan?

Yes.

### 3. Is it Gluten Free?

Yes.

### 4. Can I take Kids VitaGBX if I'm pregnant or nursing?

The natural ingredients that we use in Kids VitaGBX are not known to interact negatively with those who are nursing or pregnant. Since these ingredients are not specifically studied in these populations – we always recommend consulting your physician when making adjustments to your regimen.

### 5. What is the difference between the adult VitaGBX and Kids VitaGBX?

The formulas for the adult VitaGBX versus Kids VitaGBX are virtually identical. The Kids VitaGBX has a chewable delivery format that is more palatable and contains different amounts of certain nutrients based on size/metabolism specifically for children.

### 6. Should teenagers take the Kids VitaGBX or the adult VitaGBX?

While we recommend speaking with your child's pediatrician before adding anything into their regimen; If your child is over 100lbs, they can take the adult version.

### 7. Can my child take Kids VitaGBX while they are prescription medication?

The natural ingredients that are used in Kids VitaGBX are not known to have interactions with medications. As a standard practice, we always advise consulting your child's pediatrician before making adjustments to their regimen.

### 8. Can adults take Kids VitaGBX?

Yes! If you decide to take the Kids VitaGBX as an adult, we recommend taking twice the recommended dose.

### 9. What can I expect when using Kids VitaGBX?

With Kids VitaGBX, you can expect kids and teens to feel supported in their daily routine with a strong, nutrient-rich foundation. They will feel balanced, with improved concentration, attention, and mental alertness. They will benefit from key nutrients that will serve as a base that will take them from healthy, young individuals to energetic, positive adults.

### 10. What makes Kids VitaGBX different from other multivitamins?

Kids VitaGBX is a comprehensive multivitamin for kids and teens that combines more than 50 vitamins, minerals, amino acids, and phytonutrients. Different from other brands, our easy-to digest capsules feature both our Bright Mind Proprietary Blend (for mind support) and Amare GBX+ Proprietary Blend (for gut-brain axis support) to empower a well-balanced body and mind. Kids VitaGBX is not your typical multivitamin. In our blend, we've added just the right amount of vitamins and minerals to supplement gaps in the average daily diet of a child and teen, unlike some other multivitamins that are overloaded with dangerous mega-doses. Features a delicious, fruity flavor — perfect for kids and teens of all ages.