



# Fish Oil Supplement With Vitamins A & D

## K-KIDS

As parents, you want the best to be given to your children so they can grow strong and healthy. While a balance diet is always the ideal and recommended way to supply your children with the right nutrients for healthy growth and development, sometimes you need a little help from supplements to ensure that your kids are getting adequate nutrition.

K-KIDS is a supplement for children made from omega-3 fish oil, cod liver fish oil, vitamin A and vitamin D to help support your children's nutritional needs. It provides potential health benefits to children such as:

- Helps to promote general health
- Helps to support growth and development
- Helps to build strong immunity



MAL 14055054N

### What's inside K-KIDS?





## Should I give fish oil supplement to my kids?

Fish oil supplements provide two essential omega-3 fatty acids: DHA and EPA which are found mainly in fatty fish such as salmon and sardines. Even so, many children do not get enough omega-3 from the foods they eat mainly due to imbalanced diet, picky eating habits or poor appetites.

As these nutrients cannot be produced in human body and need to be obtained through outside sources, fish oil supplement might be a good idea if your kids do not eat fatty fish on a regular basis. Giving **K-KIDS** as part of your children's daily diet may help to meet their nutritional needs.

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### The Functions of Nutrients in K-KIDS

#### Omega-3 Fish Oil

It contains omega-3 fatty acids specifically DHA and EPA which are essential for child growth and development as well as in health maintenance.

# D

#### Cod Liver Oil

A good source of omega-3 fatty acids, vitamin A and vitamin D, cod liver oil has been used for generations to help the children grow strong and healthy because of its immune-boosting and health-promoting properties.

# I

#### Vitamin A

Essential for growth, vision and tissue development, also aids in maintaining the health of the skin and mucous membrane in the body.

# K

#### Vitamin D

By helping the body absorb and utilizes calcium and phosphorus properly, vitamin D aids in the development and maintenance of bones and teeth.



### Suggested Dosage:

**Children 1-6 years old :** Take 1 softgel, once daily before meal

**Children 7-12 years old :** Take 1 softgel, twice daily before meal

Not suitable for infants (0-1 year old)

For children 1-6 years old, you can tear off the softgel and drop the content slowly into the child's mouth, or mix it with food/ warm milk.

### Caution:

- Take only as directed. Do not exceed recommended dosage. Excess intake of vitamins A and D could be harmful.
- Individuals who are on medication or with a medical condition should consult their doctor before using this product.
- This product contains fish oils, do not consume if you are allergic to fish.



For Further Information, Please Contact :



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