

Sunshine Heroes Multiple Vitamin & Mineral

Stock #3341-6 (90 soft chews)



Sunshine Heroes Multiple Vitamin & Mineral is an important children's supplement that provides a daily supply of 13 essential vitamins and minerals needed for proper growth and mental development.

Vitamin A is an essential nutrient that maintains healthy vision, provides antioxidant protection and immune system support, and aids in bone formation, skin health, wound healing, growth and reproduction, and the building of healthy blood cells. Studies show that low dietary intake of vitamins A and C is associated with increased odds of asthma and wheezing.¹⁻⁵

Vitamin C is essential for human life because the body cannot create it, nor does it store it. Vitamin C provides antioxidant protection against DNA damage, enhances immune system function, and significantly reduces the risk of numerous degenerative and chronic diseases.

Vitamin C is also needed for the production of red blood cells and to prevent hemorrhaging, for wound healing, and for the production of collagen—an important protein in skin, blood vessels, cartilage, ligaments and tendons.^{1-3,6}

Vitamin D3 - Vitamin D is essential for promoting bone health and is now recognized for its significance in regulating immune system function, reducing the risk of infectious and chronic diseases such as cancer, and facilitating normal brain function, central and peripheral nervous system function, blood clotting and blood cell formation, cardiac activity, and optimal muscle strength. Vitamin D also appears to play an important role in glucose metabolism—the conversion of blood sugar into energy. Several studies suggest that vitamin D supplementation in children reduces the risk of Type 1 diabetes.^{1-3,7-10}

Vitamin E is a powerful antioxidant and has been shown to help prevent degenerative diseases such as cancer and cardiovascular disease. Vitamin E also enhances immune system function, protects against environmental toxins, facilitates wound healing, improves insulin function, aids in the formation of red blood cells, helps prevent blood clots, and is necessary for healthy nervous system function.¹⁻³

Vitamin B6 is essential for growth and maintenance of almost every bodily process, including brain and nervous system function, cardiovascular function, hormone production, immune system function, and energy metabolism. Vitamin B6 may also help inhibit lead uptake and reduce lead intoxication and cytotoxicity (toxicity to cells).^{1-3,11-13}

Folic acid, a B-vitamin, is necessary for proper brain function, mental and emotional health, liver function, immune system health, formation of red blood cells, and production of genetic material (DNA and RNA) and the prevention of birth defects. Folic acid has also been shown to provide cardioprotective effects.^{1-3,12,14}

Vitamin B12 is best-known for its role in healthy blood formation, for which it is needed to form red blood cells in the bone marrow. Vitamin B12 is also critical for healthy nerve cells and central nervous system function, assists in the production of genetic material (DNA and RNA), and facilitates iron function in the body.^{1-3,12}

Biotin is required for the metabolism of carbohydrates, fats and protein, and assists in the utilization of protein, vitamin B12, folic acid and pantothenic acid. Biotin is also involved in blood sugar regulation and insulin function.^{1-3,15,16}

Pantothenic acid plays an vital role in cellular metabolism and energy production, participates in nerve transmissions, helps maintain a healthy digestive tract, prevents premature aging and wrinkles, and is involved in immune system function. Pantothenic acid also increases production of adrenal hormones that control the body's reactions to emotional and physical stress.^{1-3,12,17}

Calcium is essential for normal growth and development, as well as the maintenance of healthy bones and teeth in children. Calcium is also necessary for muscle function, nerve transmission, immune system maintenance, energy production, cardiovascular health, and absorption of vitamin B12. Calcium may also protect against various types of cancer.^{1-3,12,18-20}

Iodine is essential for healthy thyroid function and the production of thyroid hormones, which regulate mental and physical growth and development, as well as circulatory activity, muscle function, nervous system function, and energy production. Iodine may also play a role in immune function.^{1-3,12,21}

Magnesium is involved in almost every function of the body and is essential for cardiac health, energy production, formation of bone and protein, healthy functioning of nerves and muscles, and blood sugar regulation. Magnesium also helps maintain the acid-alkaline balance of the body, protects against heavy metal-induced toxicity, and is necessary for calcium to function properly.^{1-3,12,22}

Zinc is essential for normal central nervous system functioning and plays a critical role in adrenal health and in the production of genetic material (DNA and RNA). Zinc is necessary for mental and physical growth and development, healthy reproduction, immune system function, carbohydrate digestion, insulin production, wound healing, vision, and the ability to taste and smell. Zinc also exhibits some antioxidant properties, prevents the absorption of lead and cadmium (toxic heavy metals), and plays a role in cancer prevention.^{1-3,12,23,24}

Each serving of Sunshine Heroes Multiple Vitamin & Mineral provides 13 important vitamins and minerals, in a base containing the Sunshine Heroes Protector Shield—a proprietary blend of whole foods, fruit juice concentrates, and beneficial micronutrients.

The Sunshine Heroes Protector Shield provides important antioxidants, vitamins, minerals and amino acids (the "building blocks" of protein), which promote healthy growth and development and a strong immune system. The Protector Shield contains:

Whole Food Complex (mangosteen, cranberry, broccoli, spinach, asparagus, carrot, tomato, açai and pomegranate) - These fruits and vegetables are rich sources of antioxidants, immune-boosting phytonutrients, minerals and vitamins, including vitamins A, B-Complex, C, E and K.

Fruit Juice Concentrates (white grape, apple, pear, orange, pineapple, cherry, strawberry, and blueberry) - This antioxidant-rich blend of fruit juices provides vitamin C, folic acid, potassium, and other nutrients that promote cardiovascular and immune health and help protect against certain cancers.

Micronutrients Blend (L-leucine, L-lysine, L-valine, Choline, Inositol, L-isoleucine, L-threonine, L-phenylalanine, L-arginine, L-cysteine, L-methionine, and L-tyrosine) - Amino acids are the building blocks of proteins necessary for healthy growth and development and proper functioning of the central nervous system and brain. Choline and inositol are members of the B-complex vitamin and are necessary for healthy brain development, as well as cognitive and memory function.²⁵

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