# VITILIFT Multivitamin Baby (drops)

## Active Substances

<table>
<thead>
<tr>
<th>Substance</th>
<th>Amount (μg/15 drops)</th>
<th>% RDA*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>22</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11.11</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0.75</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0.2</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>2.5</td>
<td>50%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.02</td>
<td>10%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3</td>
<td>15%</td>
</tr>
<tr>
<td>Niacin</td>
<td>2.5</td>
<td>25%</td>
</tr>
<tr>
<td>Pyridoxine</td>
<td>0.05</td>
<td>5%</td>
</tr>
<tr>
<td>Pantothenate</td>
<td>0.5</td>
<td>10%</td>
</tr>
<tr>
<td>Biotin</td>
<td>0.02</td>
<td>10%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>0.04</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.002</td>
<td>25%</td>
</tr>
<tr>
<td>Iodine</td>
<td>0.007</td>
<td>25%</td>
</tr>
<tr>
<td>Iron</td>
<td>0.25</td>
<td>80%</td>
</tr>
<tr>
<td>Copper</td>
<td>0.005</td>
<td>25%</td>
</tr>
<tr>
<td>Manganese</td>
<td>0.005</td>
<td>10%</td>
</tr>
<tr>
<td>Zinc</td>
<td>0.01</td>
<td>5%</td>
</tr>
<tr>
<td>Calcium</td>
<td>50 μg</td>
<td>5%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>15 μg</td>
<td>12%</td>
</tr>
</tbody>
</table>

* RDA: Recommended Daily Allowance

## Purpose

VITILIFT Multivitamin Baby drops are formulated to provide essential nutrients to support the development and growth of babies in their first year of life. The formula is designed to complement a healthy diet and meet the nutritional needs of infants, offering a convenient and natural way to ensure they receive all the necessary vitamins and minerals for their overall health and development.

## Usage

**For babies aged 1 month to 12 months**

- Administer 15 drops (1.5 ml) under the tongue once daily. This can be done immediately after a feed or at any other convenient time during the day.
- Ensure the baby is in a comfortable position and that the mouth is open to allow the drops to be swallowed effectively.
- The drops should be stored in a cool, dry place and protected from light to maintain their effectiveness.

**For older children** (over 1 year)

- The dosage may be adjusted according to the child's nutritional needs and growth. Consult a healthcare professional for guidance.

## Caution

- Consult a healthcare professional before use if the baby has any underlying health conditions or is taking other medications.
- Stop use if allergic reactions or adverse effects occur.

## Side Effects

VITILIFT Multivitamin Baby drops are generally well-tolerated, with minimal side effects. However, it is advisable to monitor the baby for any unusual reactions and to seek medical advice if any concern is noted.

## Store Information

- Store at room temperature, away from direct sunlight and moisture.
- Keep out of reach of children.

## References

- **VITILIFT Multivitamin Baby** official website.<br>
- **Health Canada** guidelines on complementary infant formulas.<br>
- **Pediatric Nutrition Society** recommendations for vitamin and mineral supplementation in infants and young children.

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**Disclaimer:** This information is for educational purposes only and should not replace professional medical advice. Always consult a healthcare professional for specific guidance before using any supplement.