

7 TOP HEALTH FOOD SUPPLEMENTS Every Doctor Mom Must Know!




MINDSET

Reminder, Mama! Select Health Food Supplements are safe to use with your child once you know the few safety tips you learn in Med School for Moms. We've got you covered! Health Food Supplements will help strengthen your child's body to fight illness faster and reach overall optimal health. Quality really matters when it comes to Health Food Supplements. You can rest assured that all Med School for Moms recommended supplements are professional grade quality. You can trust what it says on the label is what is in the bottle!





HEALTH FOOD SUPPLEMENT	MAIN INDICATION	SAFE AGE TO START	GENERAL DAILY DOSING RANGES	NOTES
<p>PROBIOTICS</p>	Gut and immune health	6 months+	<p>6-12 MONTHS: 1-5 billion CFU</p> <p>1-4 YEARS: 5-10 billion CFU</p> <p>4-12 YEARS: 10-25 billion CFU</p> <p>12+ YEARS: 25+ billion CFU</p>	If your child is eating fermented foods, you do not need to supplement with probiotics daily. If a nursing mom takes probiotics, this is a safe way to expose baby before they're 6 months of age. Some moms may choose to use infant probiotics before 6 months if baby is given antibiotics.
<p>FISH OIL</p>	Brain health and immune health	Newborn	<p>BIRTH-12 MONTHS: 500mg combined DHA+EPA</p> <p>1-4 YEARS: 700mg combined DHA+EPA</p> <p>4-12 YEARS: 900-1200mg combined DHA+EPA</p> <p>12+ YEARS: 1200mg+ combined DHA+EPA</p>	If your child is eating omega-3-rich foods, you do not need to supplement with fish oil daily. DHA is better for brain health. EPA is better to decrease inflammation.

7 TOP HEALTH FOOD SUPPLEMENTS Every Doctor Mom Must Know!

HEALTH FOOD SUPPLEMENT	MAIN INDICATION	SAFE AGE TO START	GENERAL DAILY DOSING RANGES	NOTES
<p>VITAMIN D</p> 	Bone and immune health	Newborn	<p>BIRTH-12 MONTHS: 400-800 IU</p> <p>12 MONTHS +: 1000 IU</p>	Vitamin D is best combined with Vitamin K2. If too much Vitamin D is taken, Vitamin K2 can help mitigate the side effects.
<p>MULTIVITAMIN</p> 	Overall health	2+	<p>BIRTH-2 YEARS: No multivitamin is recommended.</p> <p>2 YEARS+: Follow directions on bottle. If your child is younger than bottle dosing recommendations, then half the amount.</p>	Many moms want a multivitamin, especially if their child is a picky eater. Try to avoid gummy vitamins as these can lead to cavities and provide unnecessary sugar.
<p>PRENATAL VITAMINS</p> 	Fetal health	3 months pre-conception	<p>KEY NUTRIENTS:</p> <p>MethylFolate: *Avoid Folic Acid- 800mcg</p> <p>Methylcobalamin: *Avoid Cyanocobalamin- 150mcg+</p> <p>Choline: 250-900mg</p>	When choosing a prenatal, this is not your time to skimp on quality. Prenatals are not just nutrients for your baby, they are nutrients for YOU, Mama!!



7 TOP HEALTH FOOD SUPPLEMENTS Every Doctor Mom Must Know!

HEALTH FOOD SUPPLEMENT	MAIN INDICATION	SAFE AGE TO START	GENERAL DAILY DOSING RANGES	NOTES
<p>PROTEIN POWDER</p> 	<p>Joint, tissue and muscle health</p>	<p>12 months</p>	<p>1-4 YEARS: 5 grams per serving</p> <p>4-12 YEARS: 10 grams per serving</p> <p>12+ YEARS: 20+ grams per serving</p>	<p>If your child is eating plenty of whole food protein, protein powders are not necessary. Your child should be eating half of their body weight in grams of protein. So for example, if your child is 40 pounds, they will need 20 grams total of protein per day. Too much protein can impair kidney function.</p>
<p>VEGGIE POWDER</p> 	<p>Cellular health</p>	<p>12 months</p>	<p>1-4 YEARS: $\frac{1}{4}$ serving</p> <p>4-12 YEARS: $\frac{1}{2}$ serving</p> <p>12+ YEARS: 1 full serving</p>	<p>If your child is eating a variety of vegetables, veggie powders are not necessary.</p>

7 TOP HEALTH FOOD SUPPLEMENTS Every Doctor Mom Must Know!

MASTERY

TIP FOR STAYING CONFIDENT:

Find what feels comfortable and appropriate for you. You may be hearing a lot of “noise,” like the opinions from your pediatrician/friends/family about what they’re doing to support their kid’s health and wondering if you’re doing the right thing for your child. There’s no “best way” or “only way” to approach supplements. You’ll likely need to use a combination of supplements, so the more you can learn and feel comfortable with your own choices now, the better. And if you haven’t used supplements with your kids and they’re older, it’s never too late to start.

TIP FOR STAYING COMPETENT:

FAVORITE RESOURCES TO SHARE INCLUDE:

Dr. Aviva Romm has a great podcast called *Natural MD Radio*
Dr. Song at *Healthy Kids, Happy Kids* also teaches about integrative medicine for kids.

TIP FOR STAYING CALM:

Ask for breaks and take care of YOURSELF while you’re taking care of your littles. Not only will this help prevent you from becoming sick (especially when you’re not sleeping and they’re snorting all over you), but it will also keep you mentally healthy. It can be hard when they just want mommy, but let your partner/neighbor, parents, in-laws, babysitter, anyone help give you a “mommy time out” so you can recuperate and not feel drained while you’re caring for someone. If you’re employed or work from home, let work sit as much as possible, and lay low so you can all recover faster.



READY TO LEARN MORE?

For more detailed information, watch



Doctor Mom's Medicine Course

To learn more about our favorite remedies, visit

Medicine Favorites

