

Multivitamin and mineral supplements for pediatric use. How much of the nutritional recommendations do they cover?

Suplementos multivitamínicos y minerales de uso pediátrico ¿Cuánto cubren de las recomendaciones nutricionales?

Supplementary table. Micronutrient content of the 9 multivitamin/mineral (MVM) selected for percentage adequacy analysis (n = 9)

Micronutrient	MVM 1	MVM 2	MVM 3	MVM 4	MVM 5	MVM 6	MVM 7	MVM 8	MVM 9
Pharmacological presentation	Chewable	Chewable	Chewable	Chewable	Tablet	Pill	Capsule	Capsule	Capsule
Vitamin A (ug)	500	310	500	500	1000	1000	1500	800	1500
Vitamin C (mg)	75	30	60	45	60	150	30	108	30
Vitamin D (ug)	20	2.7	10	10	7.5	12.5	11	20	11
Thiamine (mg)	1	0.4	0.9	0.9	1.4	20	2.5	1.3	2.5
Riboflavin (mg)	1	0.4	1.4	1.4	1.7	5	2.2	1.44	2.2
Niacin (mg)	10	5.5	12	12	19	50	20	16.2	8.18
Vitamin B12 (ug)	2	0.89	1	1	2	5	1.15	2.7	1.15
Folic acid (ug)	100	95	75	75	100	1000	1000	176	1000
Pantothenic acid (mg)	5	1.8	3.5	3.5	5	11.6	17.5	5.4	17.5
Biotin (ug)	30	9.5	25	25	200	250		140	
Pyridoxine (mg)	1	0.45	1.1	1.1	2.2	10	1.5	2	1.05
Calcium (mg)	250	75	33.6	33.6	62.5	51.3	90.58		90.59
Iodine (ug)	150							100	
Iron (mg)	5	3.5	2.25	2.25	4.5	10	10.8	5	10.84
Magnesium (mg)	50		25	25	50	21.2	14.33	56.3	14.33
Zinc (mg)	3	3.7	1.88	1.88	3.75	0.5	0.201	9	0.201
Phosphorus (mg)			31.25	31.25	62.5	23.8			
Copper (ug)			250	250	500	1000	1110		1115
Manganese (mg)			0.18	0.18	0.5	0.5	1.12	0.4	1.008
Potassium (mg)							8.08		8.08
Sodium (mg)								0.12	
Molybdenum (ug)						100	51		61
Fluorine (mg)							0.09		0.09
Cobalt (mg)							0.05		0.05
Selenium (ug)								55	
Chromium (ug)								25	

MVM 1, 2, 3 and 4 for children over 8 years old. MVM 5,6,7 for children over 12 years old. MVM 8 and 9 for children over 14 years old.