

Vitamins for children: pros and cons

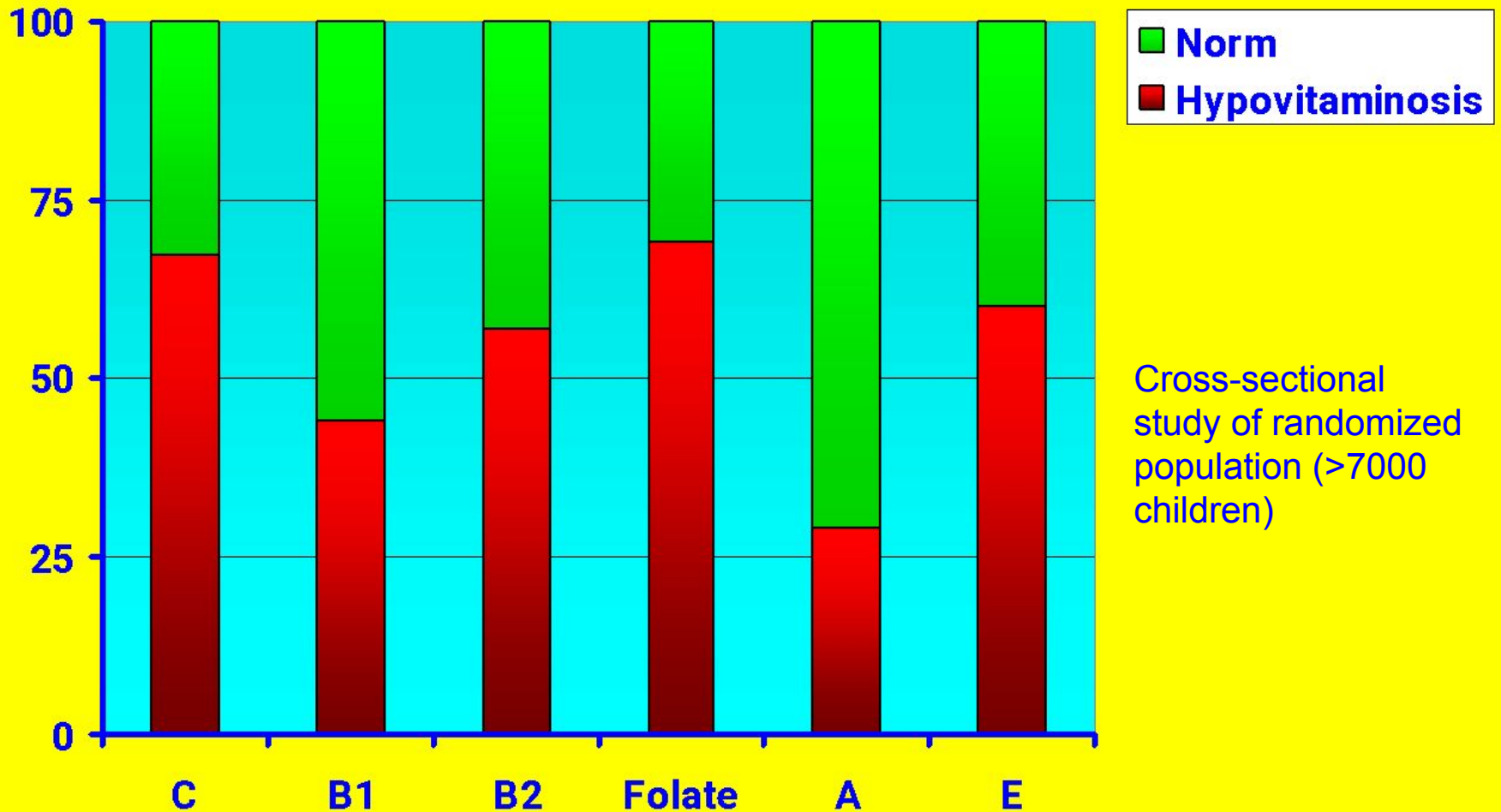
AIMS

→ *Investigate supplementary and natural vitamins*

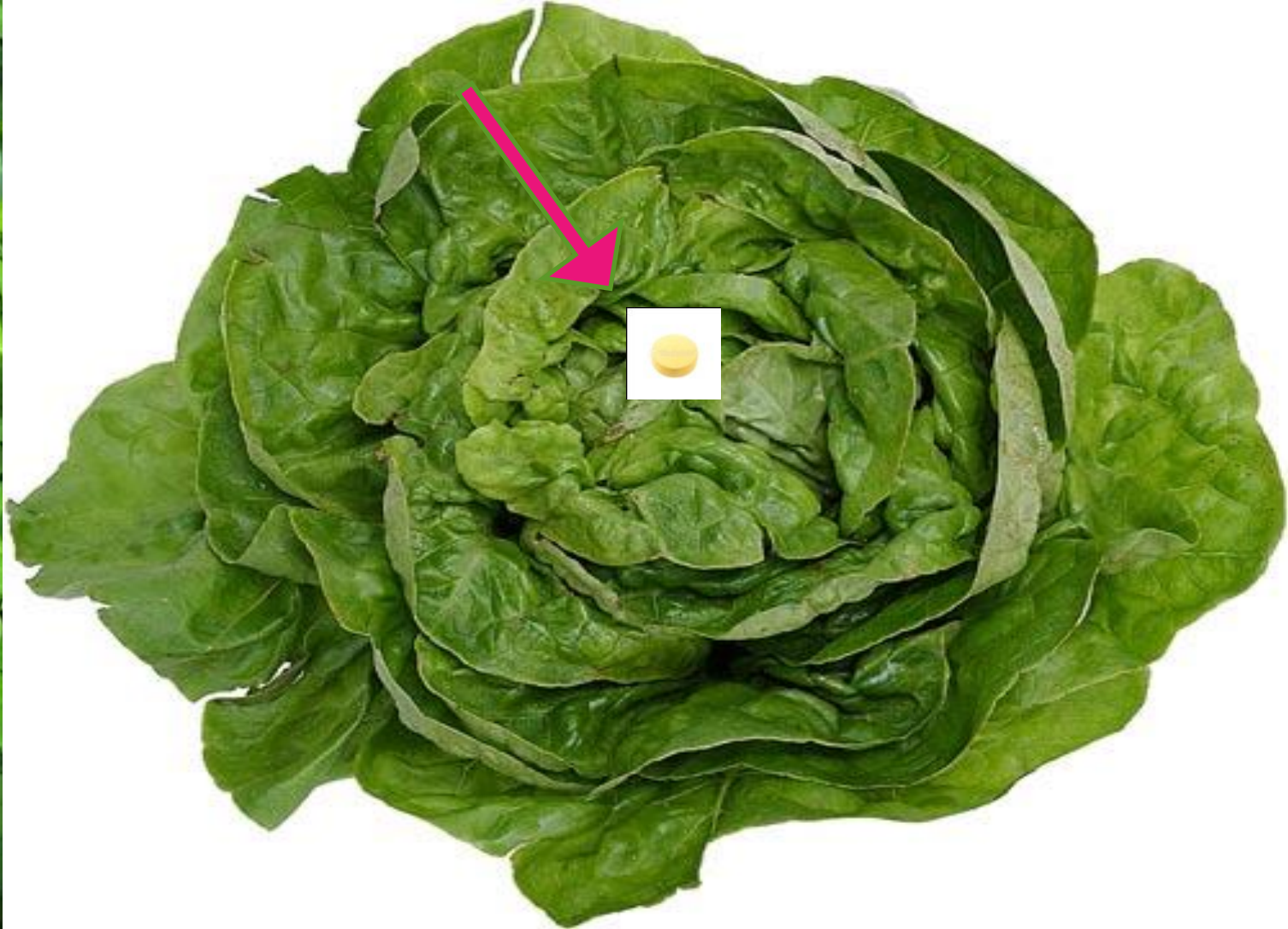
→ *Present a number of examples of the personalized approach to the usage of vitamins in pediatrics*

→ *Draw your attention to the balanced diet*

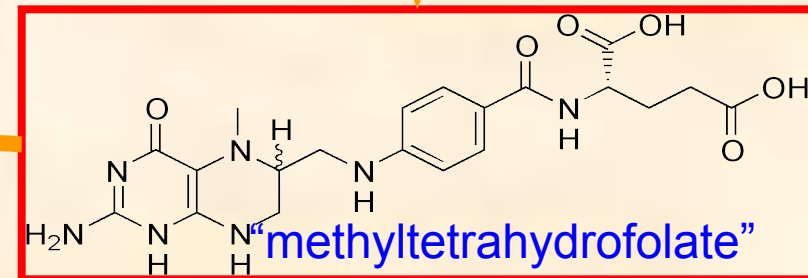
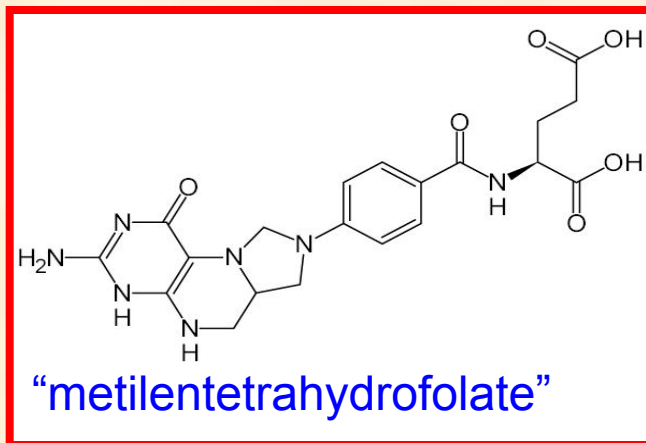
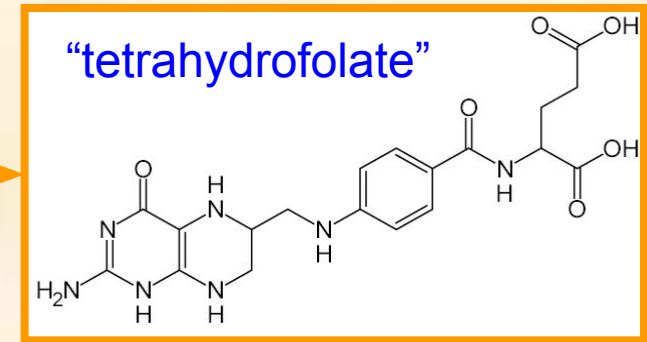
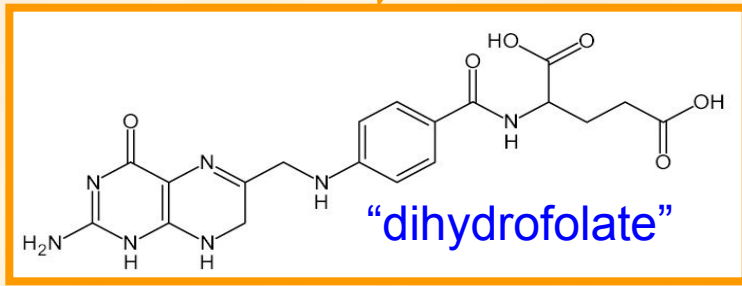
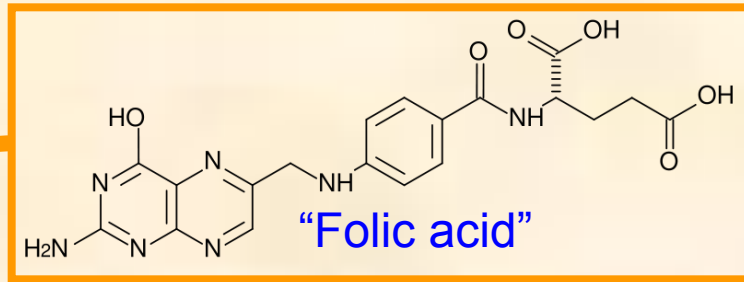
Hypovitaminoses in children`s organisms (a Russian study)



Example: aim at folate RDA



What is a vitamer? Folate vitamers



Products with the highest contents of the natural folates

More than a half of the total folate content in the food is lost during thermal treatment during **cooking**.

Product	Folates ($\mu\text{g}/100\text{g}$)
Liver (raw)	240
Parsley (fresh)	110
Kidneys (raw)	56
Lettuce (fresh)	48
Bread from the coarse flour	25



Video



Pros & Cons

Vitamins are absolutely required by the fundamental cellular biochemistry

The problem of particular pharmacological forms.

Proven effectiveness for the prophylaxis of avitaminoses (beri-beri, rickets)

**Danger of hypervitaminoses.
Inaccurate dosage \neq
“vitamins can damage your health”**

Restitution of RDA– best prophylaxis of common diseases

Vitamins !?



→ **Vitamins are not drugs**

→ Vitamins are essential only if the child has hypovitaminosis

→ Vitamin deficiencies are prevalent in pediatric populations

→ Vitamins are the part of our everyday life