

# XFactor Kids™

## Growing Tomorrow's Superheroes!

XFactor Kids is a multivitamin packed with incredible benefits that delivers nutritional and developmental support for growing kids. With 13 essential vitamins, in easily absorbable forms, XFactor Kids helps support immune function, helps maintain good health, and helps facilitate normal growth and development.



## Healthy and Happy Kids: Too Much to Ask?

Getting kids to eat their veggies has always been a struggle, and as a parent, you want to be sure your kids are getting the vitamins they need. The problem is it can be hard to ensure your kids are getting the essential vitamins from their diet alone. Too many kids are not getting the nutrients they need to support their growing bodies.

XFactor Kids to the rescue!

This multivitamin is packed with incredible benefits. That is why thousands of moms and dads have chosen XFactor Kids.

## How XFactor Kids Works

XFactor Kids gives kids the nutrition they need — and gives parents the peace of mind they deserve! Featuring 13 essential vitamins in easily absorbable forms, XFactor Kids contains essential vitamins such as vitamin D, also known as cholecalciferol; calcium, which helps maintain good blood levels; and vitamin A, which helps young eyes develop night vision.

With a delicious Tropical Splash flavour and a gluten free, vegetarian, non-GMO formula, XFactor Kids is here to save the day when it comes to your child's Health and Happiness.

## XFactor Kids' Primary Benefits

- Helps in the development and maintenance of healthy bones and teeth
- A factor in the maintenance of good health and normal growth and development
- Helps maintain the body's ability to metabolize nutrients
- Source of vitamin A to help maintain eyesight, skin, membranes, and immune function
- Helps support the immune system
- Helps in connective tissue formation
- Helps in energy metabolism
- Helps form red blood cells

## XFactor Kids' Advantage

- Tropical splash flavour
- Delivers 13 essential vitamins in easily absorbable forms
- Gluten free, vegetarian, and non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

## Who Should Use This Product?

For children and adolescents ages 4 to 13, take 1 chewable tablet daily. Take at least 2 to 3 hours before or after antibiotics.

## Did You Know?

According to the Canadian Community Health Survey on nutrition, many kids get failing grades when it comes to following Canada's Food Guide. Seven out of 10 children aged 4 to 8 do not eat the recommended daily minimum servings of vegetables and fruit — a habit that is likely to shortchange their diet of folate (a B vitamin), vitamins C and A, potassium, and magnesium.<sup>1</sup>

## Frequently Asked Questions

### What is XFactor Kids™?

XFactor Kids is a natural health product that is so much more than an ordinary children's multivitamin. XFactor Kids combines the most easily absorbable forms of 13 essential vitamins to help in your child's normal growth and development.

### My child already eats healthy, so why should they take XFactor Kids?

Although you do your best to make sure your child eats healthy foods, studies show many kids are not getting the recommended daily amounts of vitamins.

### What is the advantage of easily absorbable ingredients?

An easily absorbable ingredient can be used more easily by the body. XFactor Kids uses bioavailable ingredients and that's why XFactor Kids delivers health benefits.

### Why is the L-5-methyltetrahydrofolate form used instead of folic acid?

Up to 39% of the North American population cannot use absorbed folic acid. XFactor Kids is formulated with easily absorbable form that everyone can use.

### How many tablets should my child take?

XFactor Kids was formulated to deliver stated levels in 1 tablet for children ages 4 to 13.

### When is the best time to take XFactor Kids?

XFactor Kids can be taken at any time of day, but it should be taken at least 2 to 3 hours before or after antibiotics. Children who have sensitive stomachs can take it with a meal.

### Does XFactor Kids contain iron?

No, XFactor Kids does not contain iron. While iron is an essential mineral, it is found in many animal and plant food sources.

Additionally, too much iron can cause toxicity and health complications. If you think your child is not getting enough iron or is getting too much iron, please consult their pediatrician.

### Can my child take XFactor Kids while taking medication?

Parents of children taking medication should always consult with their child's pediatrician prior to taking natural health products.

### What is the age recommendation?

XFactor Kids is formulated for children ages 4 to 13 who need adequate nutrition for healthy growth and development. By combining essential vitamins, XFactor Kids can help growing bodies get the nutrition they need. It is everyday health for exceptional kids.

### Can adults take XFactor Kids?

While XFactor Kids was formulated with children in mind, it is safe for adults to take. Adults interested in a multivitamin should consider taking XFactor Plus, which offers 100% or more of the daily value of 19 essential vitamins and minerals and supports immune function.

### Is XFactor Kids gluten free, vegetarian and non-GMO?

Yes.

### Does XFactor Kids contain common food allergens?

No, XFactor Kids does not contain common food allergens (eggs, milk, mustard, peanuts, crustaceans and mollusks, fish, sesame seeds, soy, sulphites, tree nuts, and wheat and triticale).

### Do I need to keep XFactor Kids refrigerated?

No, it is not necessary to keep XFactor Kids refrigerated, but we do suggest storing XFactor Kids in a cool, dry environment.

### What ingredients in XFactor Kids support a child's immune system?

Ingredients in XFactor Kids, including vitamin A, C, and E, have been shown to support immune health.

### What ingredients in XFactor Kids support growth and development?

XFactor Kids contains essential vitamins, such as A, B, C, and D, which are known to support a child's growth and development.

### What are the natural flavours in XFactor Kids?

XFactor Kids' delicious Tropical Splash flavour includes citrus fruit oil and extracts, along with vanilla.

<sup>1</sup> <https://www.canada.ca/en/health-canada>

## Ingredient Glossary

### Vitamin Blend

#### **Pantothenic Acid** (as Calcium D-Pantothenate)

Pantothenic Acid is a water-soluble vitamin that is a precursor in the synthesis of coenzyme A, which is essential to many biochemical reactions that sustain life. Calcium D-Pantothenate is a salt that allows for better absorption than Pantothenic Acid in the digestive tract.

#### **Vitamin B6** (as Pyridoxine Hydrochloride and Pyridoxal 5'-Phosphate)

Vitamin B6 is necessary for the transformation and utilization of amino acids for many functions in the body. Pyridoxine must first be converted to Pyridoxal 5'-Phosphate to be used by the body, a process that takes place in the liver. Pyridoxal 5'-Phosphate is the most bioactive form of Vitamin B6.

#### **Biotin**

Biotin is an essential water-soluble B Vitamin that assists in metabolism of fatty acids and utilization of B Vitamins. It is important in energy-producing steps during metabolism in the cells of the body.

#### **Vitamin B12** (as Methylcobalamin)

Vitamin B12 is a water-soluble B Vitamin that is essential for metabolism of nutrients. It is critical that vegetarians consume a Vitamin B12 supplement to maintain optimal health. Vitamin B12, when ingested, is stored in the liver and other tissues for later use. Methylcobalamin is already in the bioactive, tissue-ready form. Methylcobalamin is the most easily absorbable form that is used most efficiently by the body.

#### **Vitamin A** (as Retinyl Palmitate and Beta-Carotene)

Vitamin A is a fat-soluble vitamin that plays an important role in skeletal development, healthy vision, and immune function. A beneficial combination of two sources of Vitamin A are: retinyl palmitate—a bioavailable form that is more easily absorbed by the body, and beta-carotene—a carotenoid that is converted in the body to retinyl. WITH A beneficial combination of 2 sources of Vitamin A are Retinyl Palmitate, a form that is more easily absorbed by the body, and Beta-Carotene, a carotenoid that is converted in the body to Retinyl. By using these 2 sources, your body quickly absorbs Retinyl Palmitate and only converts the amount of Beta-Carotene needed to ensure your body gets optimal levels of Vitamin A.

#### **Thiamine as Vitamin B1** (as Thiamine Mononitrate)

Thiamine is an essential water-soluble vitamin. Thiamine assists in the production of the neurotransmitter acetylcholine and gamma-aminobutyric acid and is needed for good brain function. Thiamine Mononitrate has bioidentical benefits.

#### **Riboflavin as Vitamin B2** (as Riboflavin 5'-Phosphate)

Riboflavin is a water-soluble vitamin that is an important cofactor for the formation of other B Vitamins. Riboflavin helps in the release of energy from foods and supports normal growth. Riboflavin is in the free form and must be converted to its active form, Riboflavin 5'-Phosphate, to be used by the body. Riboflavin 5'-Phosphate is considered the most bioactive form of Vitamin B2.

#### **Niacin as Vitamin B3** (as Niacinamide)

Niacin is a water-soluble vitamin that is necessary for many aspects of health and growth. Niacin supports digestion. Niacinamide is a nonflushing form of Vitamin B3.

#### **Vitamin E** (as D-Alpha Tocopherol)

Vitamin E is an essential fat-soluble vitamin that is an immune-supporting antioxidant. The naturally derived form of Vitamin E, known as D-Alpha Tocopherol, is the most bioactive and is better absorbed and retained in the body.

#### **Vitamin K** (as K1 and K2)

Vitamin K is an essential fat-soluble vitamin. There are several forms of Vitamin K – Vitamin K1 is present in green leafy vegetables; Vitamin K2 is a more easily absorbable form of Vitamin K that is often missing from Western diets. Vitamin K2 is naturally derived and comes directly from the fermentation of *Bacillus subtilis* natto.

#### **Folate as Vitamin B9** (as L-5-Methyltetrahydrofolate, Calcium Salt)

Folate is an essential water-soluble B Vitamin. Folate is essential for cell replication and growth, assisting in the normal use of amino acids and proteins as well as supporting formation of building blocks of DNA and RNA, which is necessary for all body functions. Folic Acid must be converted to its active forms to be used by the body.

#### **Vitamin C** (as Ascorbic Acid and Ascorbyl Palmitate)

Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body, including supporting a healthy immune system and providing antioxidant defense.

#### **Vitamin D** (as Cholecalciferol)

Vitamin D is a fat-soluble vitamin that aids in the absorption of calcium and helps maintain normal blood levels of Calcium and Phosphorus. Vitamin D works with Calcium to promote bone density. Vitamin D also contributes to the digestive system, bone health, and immune system function. There are several forms of Vitamin D, but the form primarily used by the human body is Cholecalciferol (Vitamin D3), which is a easily absorbable form.

## Ingredient Glossary

### Strain Blend

#### ***Lactobacillus rhamnosus* GG (ATCC 53103)**

GG ATCC 53103 is a strain of *L. rhamnosus* that was isolated in 1983 and is the world's most studied strain with more than 800 scientific studies.

#### ***Lactobacillus acidophilus* NCFM (ATCC 700396)**

ATCC 700396 is one of the most highly studied strains that is supported by over 100 scientific studies, including 50 human clinical studies.

#### ***Bacillus subtilis* (DE111)**

DE111 is a spore with more than 30 studies performed.

#### ***Bifidobacterium lactis* Bi-07 (ATCC SD5220)**

ATCC SD5220 has been demonstrated in over 36 scientific studies.

### Other Ingredients

#### **Xylitol**

Xylitol is a sugar alcohol that is commonly used as a sugar substitute as it has a very low glycemic index with little to no aftertaste. Xylitol can be found in plants, fruits, vegetables, and fermented foods.

#### **Erythritol**

Erythritol is a sugar alcohol that is 60% to 70% as sweet as sugar. It does not affect blood sugar levels and has low caloric content, making it a popular sweetener substitute. Erythritol can be found in plants, fruits, vegetables, and fermented foods.

#### **Citric Acid**

Citric Acid can be found naturally in citrus fruits such as lemons and oranges. It is used to enhance the flavour of foods and beverages.

#### ***Oryza sativa* (Rice) Hull Powder**

The rice extract blend contains rice extract, rice hulls, gum arabic, and sunflower oil. It aids in the manufacturing process by improving powder flow and tableting accuracy.

#### **Natural Flavours**

The natural flavours are made up of natural aromatics, with the biggest percentage coming from orange oil.

#### **Beet Powder**

Beet Powder is derived from the red or purple root vegetable known as the beet root or garden beet. Plexus® uses non-GMO Beet Powder, which provides natural colour.

#### **Malic Acid**

Malic Acid can be found naturally in many fruits like apples, cherries, pears, and strawberries. It is used as a flavour enhancer.

#### **Hydroxypropyl Cellulose**

Hydroxypropyl Cellulose is a water-soluble cellulose that improves tablets' compressibility.

#### **Stearic Acid**

Stearic Acid is a fatty acid that helps machinery run smoothly during the tableting process. Stearic Acid also allows the tablet to be compressed harder so it does not fall apart before chewing.

**RECOMMENDED USES:** Multivitamin supplement. A factor in the maintenance of good health and normal growth and development. Helps to support immune function. Helps to maintain the body's ability to metabolize nutrients. Source of antioxidants for the maintenance of good health.

**DIRECTIONS:** Children and adolescents ages 4-13 take 1 chewable tablet daily. Take at least 2-3 hours before or after antibiotics.

<b>MEDICINAL INGREDIENTS</b> Each Chewable Tablet Contains:	
Vitamin C (Ascorbic acid, Ascorbyl palmitate)	45 mg
Vitamin E (d-alpha Tocopherol)	7.5 mg AT
Niacin (Niacinamide)	7.25 mg
Pantothenic acid (Calcium D-pantothenate)	2.5 mg
Vitamin B6 (Pyridoxal 5'-phosphate, Pyridoxine hydrochloride)	0.85 mg
Riboflavin (Riboflavin 5'-phosphate sodium)	0.65 mg
Thiamine (Thiamine mononitrate)	0.6 mg
Beta-carotene	450 mcg
Vitamin A (Vitamin A palmitate)	225 mcg RAE
Folate (L-5-Methyltetrahydrofolate, calcium salt)	58.85 mcg
Vitamin K1	36 mcg
Biotin	15 mcg
Vitamin D (Cholecalciferol)	10 mcg
Vitamin K2	1.5 mcg
Vitamin B12 (Methylcobalamin)	1.2 mcg
<i>Lactobacillus rhamnosus</i> GG (ATCC 53103)	2.5 Billion CFU
<i>Bacillus subtilis</i> (DE111)	500 Million CFU
<i>Bifidobacterium animalis subsp. lactis</i> (ATCC SD5220)	5 Million CFU
<i>Lactobacillus acidophilus</i> (ATCC 700396)	5 Million CFU

**Non-Medicinal Ingredients:** Xylitol, erythritol, natural flavours, hydroxypropylcellulose, citric acid, stearic acid, beetroot red, d,l-malic acid, *Oryza sativa* (rice) hull powder, dipotassium phosphate, potassium phosphate monobasic, sucrose, trehalose.