

Nutrition For Active Families

Consume Confidence

(NAPSA)—One of the more challenging aspects of family dinners these days is not the scheduling of meals, but striking the right nutritional balance. Fortunately, a vitamin and supplement regimen can help.

A recent survey conducted by Wakefield Research for The Vitamin Shoppe found that seven in 10 Americans feel more confident



A vitamin and supplement regimen seems to fit today's fast-paced lifestyle.

about their health when they take a vitamin. It also found, however, that 60 percent of parents do not know which vitamins and supplements they need to give their kids.

There are certain essentials to keep in mind. For example, vitamin C plays an important role in boosting your child's immunity and vitamin D can help keep your child's bones strong. Experts suggest giving your child a multivitamin that includes these vital nutrients at breakfast. Nowadays, children's vitamins can be found in the form of gummies, chews or drops in a variety of flavors.

To learn more, visit the website at www.vitaminshoppe.com or call (866) 293-3367.