

Children's Health Update



The Nutrients They Need

(NAPSA)—According to the U.S. Department of Agriculture, almost 80 percent of children in America don't get the recommended number of nutrient-rich fruits and vegetables in their diets. The USDA says you should fill at least half your child's plate at most meals with fruits and vegetables.

In addition, many parents say it's a good idea to give kids vitamin supplements. Making that easier for parents and more fun for children are tasty new vitamins featuring the iconic Star Wars characters.



Giving your child a multivitamin every day can help “fill in” some nutritional gaps.

These Star Wars™ brand Gummy Vitamins by NatureSmart are available in three Complete Multi-Vitamin formulations, with over 10 essential vitamins and minerals for health, growth and development, and an Immune Support formula.*

Advises Registered Nurse and CEO of HealthyWomen Beth Battaglino*, “Teach your kids healthy habits early on, and use characters and flavors that they love, like the new Star Wars™ Gummy Vitamins.”

Learn More

For further facts, visit www.Naturesmartvitamins.com.

**Note to Editors: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

Beth Battaglino is a paid spokesperson for NatureSmart, LLC.