

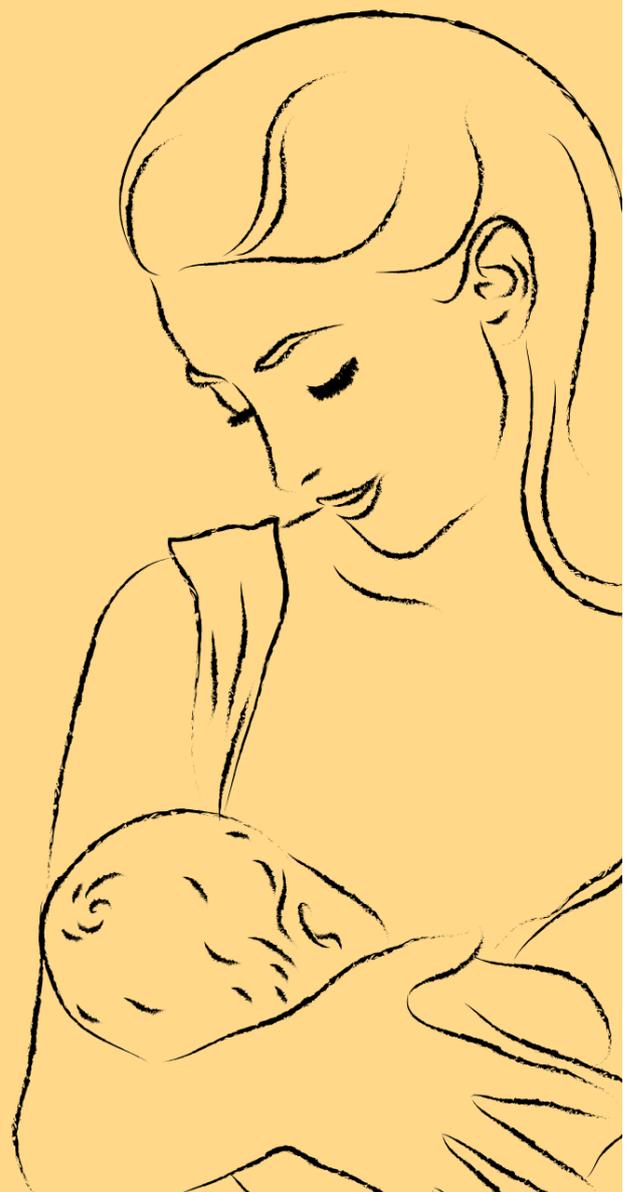
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Supplementation Guide

For mother and baby

Written by

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If there's something new parents keep asking themselves and still find confusing answers, its which, when and why supplements are necessary. Though, its important to take into account each individual but here's the recommendations from Plant-Based Junior dietitians and by other international dietitians. This is a guide for the most important nutrients, how much to take, why and the best plant-based supplements you'll find.

IRON

From birth onwards, babies have enough iron stored up to 4-6 months old (especially if umbilical cord is kept attach until stops pulsing). From this stage babies need to obtain iron from other sources, such as food but due to today's massive pollution and because we no longer consume freshly picked food with minimum washing, our diet is no longer naturally rich in nutrients.

Iron is extremely important for all life stages and its an important component of hemoglobin, the substance in red blood cells that carries oxygen from your lungs to transport it throughout your body. In infants and children, sever anemia can result in delayed growth and long-term problems for development and behavior.

In fact, iron is the most common nutrient deficiency in both children and adults —no matter what diet.

Curiosity: Many decades ago, our food had enough B12 from live organisms on dirt, now with extra washing, pollution and chemicals, or food drastacilly decreased its nutritient content.

Supplements for Infant and Children

- [Wellements Organic Iron drops](#)
- [NovaFerrum liquid Iron](#)
- [Renzo's Iron Strong dissolvable tablets](#)
- [BetterYou Iron \(from 1 year old\)](#)
- [Viridian Organic Liquid Iron \(from 3 years old\)](#)

Supplements for Adults

- [Floradix](#)
- [Garden of Life Healthy Blood](#)
- [Viridian Organic Liquid Iron](#)
- [BetterYou Iron](#)

RDA for Adequate Intake of Iron	
Age	Recommended Amount
0-6 months	0.27 mg
7-12 months	11 mg
1-3 years	7 mg
4-8 years	10 mg
9-13 years	8 mg
14-18 years	15 mg
Pregnancy	27 mg
Lactation	9 mg

VITAMIN D

Our skin generates vitamin D from cholesterol using UVB rays from the sun. However, for babies direct sunlight is not advised and breastmilk alone doesn't have enough iron from 4-6 months and up, so supplementation is a must. Most pediatricians recommend a supplementation of 400 mg IU of vitamin but reaseaches have shown that supplementing mother's diet with 6400 mg/day of vitamin D may be sufficient to raise vitamin D levels in breast milk to an equivalent amount.

Though, there's no reason why parents shouldn't directly supplement their child. Fully formula-fed babies should receive all the vitamin D they need from the formula until they start solids as they may need to supplement if they are not getting enough via fortified foods.

Supplements for Infants and Children

- [Carlson Baby's D3 Vegetarian Drops \(400 IU, unflavored + MCT\)](#)
- [BetterYou Vitamin D](#)
- [Viridian Vegan D3 Drops](#)

Supplements for Adults

- [Garden of Life D3 \(1000IU\)](#)
- [Veridian D3 \(1000IU or 2000IU\)](#)
- [BetterYou \(1000IU or 3000IU\)](#)

RDA for Adequate Intake of Vitamin D	
Age	Recommended Amount
0-12 months	400 IU
1-18 years	600 IU
Pregnancy	600 IU
Lactation	600 IU

IODINE

Iodine is found in small amounts in plant foods (depending on soil) and its an important mineral for growth and metabolism. It develops a very important position in the thyroid glands. Babies will receive enough iodine from breastmilk and formula until 1, but those in a vegan diet should supplement (check below for multivitamin recommendations).

It is NOT recommended the addition of any type of salt to food for babies.

Supplements

- [Swanson Ionic Iodine](#)
- [Veridian Organic Kelp](#)

RDA for Adequate Intake of Iodine	
Age	Recommended Amount
0-6 months	110 mcg
7-12 months	130 mcg
1-3 years	90 mcg
4-8 years	90 mcg
9-13 years	120 mcg
14-18 years	150 mcg
19+ years	150 mcg
Pregnancy	220 mcg
Lactation	290 mcg

VITAMIN B12

Neither plant foods or omnivore diet isn't a reliable source of B12. In fact, there is as much deficiency of this vitamin in plant-eaters as there is in a omnivore diet. For this reason, adults and children must supplement this important vitamin or ensure adequate intake through fortified foods (such as plant-based milk, cereals or nutritional yeast).

Vitamin B12 can be found in several forms: cyanocobalamin, methylcobalamin, adenosylcobalamin, and hydroxocobalamin. Some research in adults shows that the bioavailability of these forms is similar, but other research suggests that higher amounts of the methyl and adenosyl forms are necessary to achieve adequate intake. Though, all B12 forms are OK.

Supplements for Children

- [Mary Ruth's Vegan D3 + B12 \(gummies\)](#)
- [Garden of life B12 spray](#)
- [Pure Vegan b12 spray](#)
- [BetterYou B12](#)
- [Goodbloom B12 Liquid](#)

Supplements for Infants

Not every baby needs a multivitamin. However, a multivitamin can serve as a form of "insurance" especially for certain nutrients of concern like iodine and B12. If your child already eats an iron-rich diet, then can choose a multivitamin without iron.

I haven't found a multivitamin that is perfect for meeting infant needs, but here are a few that come close. All of these contain B12.

- [NovaFerrum Liquid](#)
- [NovaFerrum + Iron \(liquid\)](#)
- [Zarbee's Multivitamin with Iron \(liquid\)](#)
- [Renzo's Picky eaters dissolvable tablet](#)
- [Freeda chewable vitablets](#)
- [VegLife Vegan Kids](#)
- [Country Life Baby Care](#)

Supplements for Adults

- [Veridian B12 caps](#)
- [Garden of Life B12 spray](#)
- [BetterYou B12](#)
- [Marry Ruth B12 Liquid sub-lingual](#)
- [Ora Vitamin D](#)

Recommendations for B12 Supplementation				
Age	RDA	Twice daily	Daily	Twice weekly
1-3 years	0.9	0.8-1.5 mcg	10-40 mcg	375 mcg
4-8 years	1.2	1.0-2.0 mcg	13-50 mcg	500 mcg
9-13 years	1.8	1.5-2.5 mcg	20-75 mcg	750 mcg
14-18 years	1.2-1.3 mcg	-	-	-
Pregnancy	2.0-2.2 mcg	-	-	-
Lactation	2.0-2.6 mcg	-	-	-

OMEGA-3 FATTY ACIDS (DHA/EPA)

The long chain omega-3 fatty acids DHA and EPA were believed to only be found in a diet with animal foods like fish, eggs, and some fortified milk, but this isn't the reality per recent studies. In fact, hemp seed oil is one of the best examples as a plant-based source of omega-3-6 and has also a complete amino-acid ramification.

So picking the sample example, hemp seed oil is rich in linoleic acid (LA), alpha-linoleic acid (ALA) – (better known as unsaturated fatty acids Omega-3 and Omega-6), gamma-linolenic acid and stearidonic acid (SDA), as with that, we get a wide range of omega-3 and omega-6 fatty acids and nutritional values.

Other examples:

Oil type	Saturated fatty acids	Monounsaturated fatty acids		Polyunsaturated fatty acids			Smoke point (°C)
		Total	Omega-9	Total	Omega-3	Omega-6	
Canola	7.4	63.3	61.8	28.1	9.1	18.6	238
Coconut	82.5	6.3	6	1.7	/	/	175
Flaxseed	9	18.4	18	67.8	53	13	107
Hemp	7	9	9	82	22	54	166
Olive	13.8	73	71.3	10.5	0.7	9.8	193
Palm	49.3	37	40	9.3	0.2	9.1	235
Peanut	20.3	48.1	46.5	31.5	/	31.4	232
Sunflower (>70% omega-9)	9.9	83.7	82.6	3.8	0.2	3.6	227
Sunflower (<60% omega-3 & 6)	10.1	45.4	45.3	40.1	0.2	39.8	227

[Hemp oil vs Flaxseed oil](#)

Supplements for Infants and Children

- [Nordic Naturals Vegetarian Baby DHA](#)
- [VeridiKid Organic Omega-3](#)

Supplements for Adults

- [Veridian Omega-3-6-9](#)
- [Veridian Pregnancy Omega Oil](#)
- [Ora Vegan Omega-3 Spray](#)

Recommendations from the Food and Agriculture Organization of the United Nations	
6-24 months	DHA: 10-12 mg/kg body weight
2-4 years	EPA + DHA: 100-150 mg/d
4-6 years	EPA + DHA: 150-200 mg/d
6-10 years	EPA + DHA: 200-250 mg/d
American Academy of Pediatrics Recommendations	
Pregnancy	200 mg DHA/day
Lactation	300 mg DHA/day

PROBIOTICS

Research has shown that probiotics given during pregnancy may offer a protective role against preeclampsia, gestational diabetes mellitus, vaginal infections, maternal and infant weight gain, and allergic diseases. By simply eating a whole foods, plant-based diet already gives a microbial advantage as fiber is considered a "prebiotic," meaning it feeds our good gut bacteria.

Supplements for Infant and Children

- [Mommy's Bliss Infant Probiotic Drops](#)

Supplements for Adults

- [Nordic Flora Probiotic Woman](#)
- [Ora Probiotics with prebiotics \(powder\) or capsules](#)
- [Dr. Formulated Prenatal Probiotic](#)
- [Fem-dophilus by Jarrow](#)

MAGNESIUM

This mineral is necessary for the conversion of vitamin D into its active form, which in turn supports calcium absorption and metabolism, and parathyroid hormone function required for bone growth and development.

There is insufficient data on the level of magnesium deficiency specifically in children; however, it is estimated that at least 42% of young adults have an ongoing magnesium deficiency.

Researches show benefits and improvements if taken during pregnancy such as fewer leg cramps, fewer pregnant women developed hypertension, higher reduction in frequency of spontaneous abortion and preterm birth with earlier start of Mg supplementation, etc.

Even though magnesium is found in a variety of foods, its highest sources are from seeds, nuts, green vegetables, wholegrains and legumes, which are foods that might miss in some children diet, such as “picky eaters”. Additionally, many factors affect both the intake and absorption of magnesium, and it will be readily excreted from the body if these conditions are not being met.

Factors that reduce magnesium absorption

- *a low protein diet (data shows less than 30g/day for adults);*
- *a high saturated fat diet;*
- *vitamin D deficiency, prevalent when consuming a western diet, and a lack of sunlight exposure;*
- *nutrient deficiencies;*
- *medications commonly given to children, such as antibiotics, inhaled corticosteroids, antihistamines and antacids;~*

Possible signs and symptoms that show kids may need extra magnesium

- *Twitching muscles, muscle tension, spasms (particularly in small muscles, such as the eye lid), leg cramps or growing pains ;*
- *Excessive worry, anxiety, irritability and panic attacks;*
- *Restlessness and difficulty sleeping;*
- *Difficulty maintaining attention, hyperexcitability and hyperactivity;*
- *Teeth grinding;*
- *Sensitivity to noise;*
- *Muscular weakness and lethargy;*

Even though these symptoms can be caused by other ailments, these should be taken into account and some blood analysis done.

Supplementation should only be considered if blood tests confirm the need for extra magnesium. Adding seeds and nuts to your child diet is a great way to make sure they meet their needs, especially since a big part of magnesium loss is thru sweat.

Recommendations for Magnesium Supplementation	
<i>Age</i>	<i>Female</i>
<i>Birth to 6 months</i>	<i>30 mg</i>
<i>7-12 months</i>	<i>75 mg</i>
<i>1-3 years</i>	<i>80 mg</i>
<i>4-8 years</i>	<i>130 mg</i>
<i>9-13 years</i>	<i>240 mg</i>
<i>14-18 years</i>	<i>360 mg-410mg</i>
<i>Pregnancy</i>	<i>350 mg</i>
<i>Lactation</i>	<i>700 mg</i>

Multivitamin supplements for Children

- [*BetterYou MultiVit Junior \(from 1-year-old\)*](#)
- [*Renzo's Peaky eater Multivitamin – Melty tabs*](#)

Multivitamins supplements for Adults

- [*Alpine Organics – B12, D3 and DHA*](#)
- [*BetterYou Vegan Health \(B12, Iodine, Iron and Vitamin D\)*](#)
- [*BetterYou MultiVit*](#)

SOURCES

- [*Schwalfenberg GK, Genuis SJ. The importance of magnesium in clinical healthcare. Scientifica 2017:4179326*](#)
- [*Rogers S. 3 Tips for recognizing magnesium deficiency in your children. Nutritional Magnesium Association. Viewed 7 Feb 2018*](#)
- [*Plant-Based Junior guide*](#)
- [*Improvements and benefits with magnesium supplementation during pregnancy*](#)
- [*Outcomes of probiotic consumption reducing risk for pre-eclampsia and preterm delivery*](#)