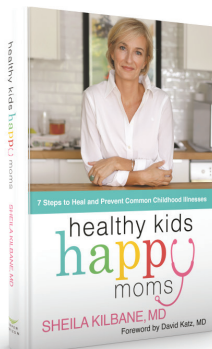


Dr. Kilbane's
healthy kids
happy
moms workbook



INTEGRATIVE GUIDE TO SUPPLEMENTS

One of the first questions parents often ask me is what supplements kids should take. I created this guide to make the foundational supplements I recommend available and easy to understand. These supplements are universal and can be taken by kids or adults!



Let's Get Your Child
Thriving Again!


sheilakilbane.com

The information included in this handout is for informational and educational purposes only. It is not intended to be a substitute for professional medical advice. You should consult your own healthcare provider to determine the appropriateness of the information for your own situation or if you have questions regarding a medical condition or treatment plan.

NOTE: This guide is not appropriate for kids who are low weight, have failure to thrive, disordered eating, are extremely picky eaters, have a serious underlying condition such as cancer, or have an undiagnosed illness.

SUPPLEMENT START GUIDE

Start the foundational five supplements (probiotics, digestive enzymes, Vitamin D, Whole Food Supplement or Multivitamin Mineral) and take consistently for 3-6 months, possibly longer for more severe or chronic issues. Then see the SUPPLEMENT ROADMAP for the long-term recommendations.

| | WEEK | WEEK | WEEK | WEEK | WEEK | WEEK | WEEK |
|---|---|--|---|----------------------------------|--|------------------------|-------------------|
| | PROBIOTIC ¹ | DIGESTIVE ENZYME ² | OMEGA-3 FATS ³ | VITAMIN D3 ⁴ | WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN MINERAL ⁵ | MAGNESIUM ⁶ | ZINC ⁷ |
|  | | | | | | | |
| BREAKFAST | PROBIOTIC - TAKE AT START OF BREAKFAST & DINNER | | | | | | |
| | | ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER | | | | | |
| | | | OMEGA-3 FATS - TAKE WITH DIGESTIVE ENZYME | | | | |
| | | | | VITAMIN D3 - TAKE IN WINTER ONLY | | | |
| | | | | | WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN | | |
| | | | | | | MAGNESIUM | |
| | | | | | | | ZINC |
| LUNCH | | | | | | | |
| DINNER | PROBIOTIC - TAKE AT START OF BREAKFAST & DINNER | | | | | | |
| | | ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER | | | | | |
| | | | | | | MAGNESIUM | |

1. Probiotic (Plantadophilus) - Plant-based, Lactobacillus plantarum strain helps decrease inflammation, enhances nutrient absorption, and acts as a natural stool softener. For best results, take at the start of breakfast and dinner.
2. Digestive enzymes - Are available as a powder, chewable, or capsule. These plant-based enzymes help break down food so nutrients can be absorbed effectively and efficiently. Undigested food contributes to inflammation. Take at the start of breakfast and dinner along with the probiotic.
3. Omega 3 Fat - The lipase in the enzyme helps with fat digestion and absorption.
4. Vitamin D3 - Take in winter only.
5. Whole food supplement or Multivitamin mineral - Take year-round.
6. Magnesium - Take year round for kids with constipation, asthma, sleep issues, ADHD - or kids who have trouble settling, picky eaters, or kids who do not eat foods rich in magnesium.
7. Zinc - For picky eaters, but must follow blood levels with your doctor. The lab value I follow is a red blood cell zinc.






SUPPLEMENT DOSING

Start the supplements one at a time for one week before starting the next one. That way, if your child has a reaction (good or bad), you will know which supplement they reacted to.

1 START PROBIOTIC

healthy kids **happy** moms **Plantadophilus**






| Age | Start of Breakfast | Start of Dinner |
|---|--|--|
|  Infants (FIRST speak to your doctor) | Wet your finger, then rub small amount of the powder on your nipple or the babies gums at the start of feeding (2-3 times a day) | Wet your finger, then rub small amount of the powder on your nipple or the babies gums at the start of feeding (2-3 times a day) |
| 1 year and up | 1 capsule*  | 1 capsule*  |

*You can open up the capsule to mix it with soft food, and it tastes surprisingly good!








2 START DIGESTIVE ENZYME - PICK ONE FORM (powder, chewable, or capsule)

People with an ulcer or eosinophilic esophagitis should NOT take digestive enzymes.

healthy kids **happy** moms **Kidz Digest Powder¹** (contains flax)

| Age | Start of Breakfast | Start of Dinner |
|---|---|---|
|  Infants (FIRST speak to your doctor) | Wet your fingers, then rub a small amount of powder on your nipple or the baby's gums at the start of 2-3 feeds per day. If bottle feeding, rub on the baby's gums before 2 or 3 feeds daily or put it in the bottle. | Wet your fingers, then rub a small amount of powder on your nipple or the baby's gums at the start of 2-3 feeds per day. If bottle feeding, rub on the baby's gums before 2 or 3 feeds daily or put it in the bottle. |
| 1 to 2 years | ½ a scoop*  | ½ a scoop*  |
| 3 years+ | 1 scoop*  | 1 scoop*  |

healthy kids **happy** moms **Kids Digest Berry Flavored Chewable¹** (contains flax)

| Age | Start of Breakfast | Start of Dinner |
|--|---|---|
|  2 to 3 years | 1 chewable  | 1 chewable  |
| 4 years+ | 2 chewables   | 2 chewables   |

healthy kids **happy** moms **Digest Capsules^{1,2}**

| Age | Start of Breakfast | Start of Dinner |
|--|---|---|
|  3 to 5 years | ½ capsule  | ½ capsule  |
| 6 years+ | 1 capsule  | 1 capsule  |

1. Take enzymes at the start of breakfast and dinner along with the probiotic. Mix powder in soft food or liquid.

2. In addition to the other enzymes, the powder and chewable also contains DPPIV (an enzyme that breaks down gluten), the capsule does not contain DPPIV. If gluten is an issue (i.e., Celiac disease or gluten sensitivity), add 1 capsule of Carbo-G with 1 capsule of Digest at the start of breakfast and dinner.

SUPPLEMENT DOSING

healthy kids moms **Carbo-G***


Age

3 to 5 years

6 years+

Start of Breakfast

½ capsule

1 capsule


Start of Dinner

½ capsule

1 capsule



*Contains DPPIV (an enzyme that breaks down gluten). Take 1 capsule of Carbo-G along with 1 capsule of Digest for those who have celiac disease or are gluten sensitive.

3 START AN OMEGA-3 FAT

Fish Oil (according to the DHA + EPA content)

Age

1 to 2 years

3 to 5 years

6 to 12 years

13 years +

Dose

325 mg (DHA + EPA)

650 mg (DHA + EPA)

975 mg (DHA + EPA)

1300 mg (DHA + EPA)

4 START VITAMIN D

Vitamin D

Age

0 to 1 year*

2 to 70 years

71 years +

Dose

400 IUs/day

600 IUs/day

800 IUs/day

*Breastfeeding infants should be supplemented daily. Formula fed babies who are not drinking one-quart (thirty-two ounces) daily should be supplemented. Thirty-two ounces of formula contains 400 IU vitamin D.

NOTE: I typically give kids 2 years and older 1,000 IUs/day, but I am also following their levels via bloodwork. This should only be done in conjunction with your child's doctor.

5 START A WHOLE FOOD SUPPLEMENT OR MULTIVITAMIN MINERAL

Whole-Food Supplement Options

Hiya Kids Daily Multivitamin

Greens First Kids

Garden of Life mykind Organics Kids Multi Gummies

JuicePLUS

Vitamin Code Kids Chewable Whole Food Multivitamin for Kids

Multivitamin Mineral Options

Seeking Health Multivitamin Mineral

Dr. Mercola Chewable Multivitamin for kids

Smarty Pants Kids Complete



SUPPLEMENT DOSING

6 START MAGNESIUM IF NEEDED

Signs of magnesium depletion include, loss of appetite, nausea, fatigue, constipation, asthma, trouble sleeping, headaches, muscle cramps, fatigue, high blood pressure, heart palpitations (only if working with a cardiologist), ADHD, anxiety.

Magnesium - two examples and options for dosing: capsule or powder

| Age | Orthomolecular Reacted Magnesium Capsules (235 mg per 2 capsules) | Natural Vitality CALM Magnesium Powder (350 mg per 2 tsps) |
|---------------|--|---|
| 1 to 3 years | 1 capsule daily (117 mg) | 1/2 tsp daily (87.5 mg) |
| 4 to 8 years | 2 capsules daily (235 mg) | 3/4 tsp daily (131.25 mg) |
| 9 to 11 years | 3 capsules daily (352 mg) | 1 1/2 tsps (263 mg) |
| 12 years+ | 4 capsules (470 mg) once daily or 2 capsules twice daily | 2 tsps (350 mg) |

DOSE: Your child may need a higher dose than what is listed if he or she has constipation or asthma. Magnesium supplements (in the right form), are safe and well-tolerated. You can dose magnesium to tolerance, which means if the stools become loose, back off to a lower dose. Titrate up or down for one soft stool per day.

7 START ZINC IF NEEDED

You can do a 2 month trial of zinc if your child has any of the following: picky eater, poor appetite, poor growth, developmental delays, recurrent illnesses (kids who have been on many rounds of antibiotics), loose stools or diarrhea, hair loss, delayed puberty, eye or skin issues such as eczema or recurrent rashes.

The following are the doses I use for patients in my practice when I am closely following their levels through blood work. Do not give zinc longer than 2 months unless you are doing it in conjunction with your child's doctor.

Zinc

| Age | Dose | Pure Encapsulations Liquid (7.5 mg per 2mL = 2 droppersful) | Pure Encapsulations Capsules (30 mg)* |
|---------------|--------------|--|--|
| 1 to 4 years | 7.5 mg daily | 2 droppersful once a day | 1/4 capsule once a day |
| 5 to 11 years | 15 mg daily | 4 droppersful once a day | 1/2 capsule once a day |
| 12 years+ | 30 mg daily | 8 droppersful once a day | 1 capsule once a day |

*Capsules may be opened and mixed with soft food or liquid, but the powder inside of the capsules does not usually taste very good. Zinc comes in a liquid and capsule form. You may use whichever one is easiest for your child to take.

SUPPLEMENT BRANDS

Probiotic

Healthy Kids Happy Moms Plantadophilus

Enzymes

- Healthy Kids Happy Moms Digest Capsule
- Healthy Kids Happy Moms Kidz Berry Flavored Chewable
- Healthy Kids Happy Moms Kidsz Digest Powder

Fish Oil-Based Omega-3 Supplements

***Look for pharmaceutical grade omega-3 supplements**

- Barlean's
- Carlson's
- Nordic Naturals
 - Nordic Naturals Baby DHA
- Ascenta
- Barlean's
- Green Pasture Products
- Rosita

Plant-Based Sources of Omega-3 Fats

- Barlean's Vegan Total Omega-swirl Pomegranate Blueberry Smoothie
- Juice Plus+ Omega Blend Capsules
- Nordic Naturals Algae Omega

Vitamin D3 plus K2 Options

- Nordic Naturals D3 + K2
- Orthomolecular Products Liquid D3 with K2
- Thorne Vitamin D/K2
- NuMedica Micellized D3 + K2

Vitamin D3 Options

- Orthomolecular Products Liquid D3
- Nordic Naturals D3
- Carlson's liquid D3 comes in several different concentrations
- Carlson's Baby drops 400 IUs/drop
- Carlson's 1,000 IUs/drop
- Carlson's 2,000 IUs/drop
- Rx Vitamins Liqui-D3

Whole Food Supplements

- Hiya Kids Daily Multivitamin
- Greens First Kids
- Garden of Life mykind Organics Kids Multi Gummies
- Juice Plus
- Vitamin Code Kids Chewable Whole Food Multivitamin for Kids

Multivitamin Mineral Options

- Seeking Health Multivitamin Mineral
- Dr. Mercola Chewable Multivitamin for kids
- Smarty Pants Kids Complete

Magnesium Options

- Jigsaw Mag SRT
- Jigsaw Mag SRT B-Free
- Jigsaw MagPure Glycinate
- Jigsaw MagPure Malate
- Jigsaw MagPure Brain Boost
- Klaire Labs Magnesium Complete Capsules
- Klaire Labs Magnesium
- Orthomolecular Reacted Magnesium

Magnesium Powder Options


- Natural Vitality CALM
- Jigsaw MagSoothe
- Klaire Labs Magnesium chelate powder
- You + Yours Tasteless Magnesium for Kids

Zinc

- Pure Encapsulations (liquid or capsules)
- Thorne Zinc Picolinate



SUPPLEMENT ROADMAP

|  | WINTER | SPRING | SUMMER | FALL |
|---|--|--------|--------|---------------------------------|
| PROBIOTIC | TAKE DURING COLD WEATHER MONTHS | | | TAKE DURING COLD WEATHER MONTHS |
| DIGESTIVE ENZYME | TAKE AS NEEDED FOR DIGESTIVE ISSUES | | | |
| OMEGA-3 FATS | TAKE YEAR ROUND IF YOUR CHILD IS NOT EATING OMEGA-3 RICH FOODS* OR IF HE/SHE HAS ECZEMA, RECURRENT ILLNESSES, ASTHMA, ALLERGIES, CONSTIPATION, ADHD, OR ANXIETY | | | |
| VITAMIN D3 | TAKE DURING COLD WEATHER MONTHS | | | TAKE DURING COLD WEATHER MONTHS |
| WHOLE FOOD SUPPLEMENT OR MULTI-VITAMIN MINERAL | TAKE YEAR ROUND | | | |
| MAGNESIUM | TAKE YEAR ROUND IF YOUR CHILD IS NOT EATING MAGNESIUM RICH FOODS* OR IF HE/SHE HAS CONSTIPATION, ASTHMA, SLEEP ISSUES, HEADACHES, MUSCLE CRAMPS, ADHD, OR ANXIETY. | | | |
| ZINC | A TRIAL OF ZINC MAY BE BENEFICIAL FOR KIDS NOT EATING ZINC RICH FOODS* OR FOR PICKY EATERS, KIDS WITH ECZEMA, LOOSE STOOLS, OR RECURRENT ILLNESSES. DO NOT TAKE LONGER THAN 2 MONTHS UNLESS BEING FOLLOWED BY YOUR DOCTOR BECAUSE ZINC CAN IMPACT COPPER LEVELS. | | | |

* SEE APPENDIX IN MY BOOK HEALTHY KIDS HAPPY MOMS FOR LISTS OF FOODS HIGH IN OMEGA-3 FATS , MAGNESIUM, AND ZINC.

HEALTHY KIDS HAPPY MOMS TEAM

*Our mission is to transform pediatric healthcare
and get 1 million kids off meds they may not need.*

A voice for children

An ear for parents

A resource for other healthcare practitioners



Sheila Kilbane, MD

Board-certified pediatrician who also trained with Andrew Weil, MD at the University of Arizona in integrative medicine. She works with families to find the root cause of illness and uses natural and nutritional therapies whenever possible.

A handwritten signature of Sheila Kilbane in black ink.

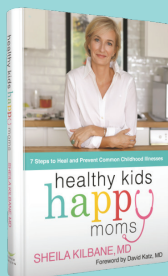


Deborah Allen, RPh

Board-certified pharmacist, and mother of triplets. She works to empower families with a step-by-step holistic approach that begins healing at the cellular level.

A handwritten signature of Deborah Allen in black ink.

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