



LEADERS IN NUTRITIONAL MEDICINE

# GROWING STRONG

CHILDREN'S PRODUCTS  
BY CATEGORY LIST

SEPTEMBER 2024



GLOBALLY SOURCED PRACTITIONER SUPPLEMENTS  
FROM A TRUSTED PARTNER

[support@fxmed.co.nz](mailto:support@fxmed.co.nz) • [www.fxmed.co.nz](http://www.fxmed.co.nz)



# Featured Products



## MegaSporeBiotic™ Gummies for Kids

Delicious berry flavoured, easy-to-digest chewable probiotic gummies. Suitable for ages 4+.



## C-RLA™ Vanilla Caramel

Liposomal vitamin C with r-lipoic acid supports vascular, immune and mitochondrial health.



## Nasal Spray Kids†

A steroid free, kid-friendly nasal spray that contains xylitol – a natural ingredient that cleanses and moisturises while alleviating congestion.

† New Zealand only



Professional Nutritional Supplements

## Zinc Gummy *Natural Blueberry* Zinc chewables *Natural Orange*

FxMed offers a wide range of zinc supplements. Zinc provides broad physiological support, including immune function and emotional wellness. Suitable for children (4+) and adults.



Professional Nutritional Supplements

## Magnesium Glycinate Liquid Magnesium (powder) Magnesium Liquid

We have a wide range of magnesium products available in different forms to help with children's dosing and compliancy.

# Welcome to FxMed’s Children’s Products By Category List

Our Technical Support Team has highlighted FxMed’s range of products suitable for children. This list provides a quick summary of products by category to help practitioners navigate our wide range of products and brands.

Please refer to the datasheets for full information on suggested use for children and interactions. The datasheets can be found on the FxMed Practitioner Hub.

Visit [hub.fxmed.co.nz/resources](https://hub.fxmed.co.nz/resources)

## Children’s Dosing

Children come in different shapes and sizes for their age, so we need to adjust dosing for children accordingly – based on their weight and clinical presentation. Working out a suitable dose for children is up to the practitioner to determine, based on a consultation and your clinical knowledge. At FxMed we recommend using the Clark’s Rule, which we find to be the most accurate as it considers the weight of the child.

For products that do not have a specified suggested use for children on their datasheet, practitioners should be informed by their own clinical judgment, research and experience – utilising established conversion rules (such as Clark’s Rule or Young’s Rule) to derive an appropriate dosage for children based on age or weight, for example. Please refer to Page 7 for more information on using these rules.

For product pricing, please refer to the FxMed Pricebook.

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# Children's Products by Category

## Allergy Support

HistaQuel\* | Researched Nutritionals  
Nasal Spray Kids | Xlear Inc. (NZ ONLY)  
Nettle Hist-Tone\* | Alight Health Formulas  
Quercesorb\*\* | RN Labs (NZ ONLY)

Also see:

DETOXIFICATION SUPPORT: Tri-Fortify Gel\* |  
Researched Nutritionals

## Anti-microbial Support

BLt | Researched Nutritionals  
Crypto-Plus | Researched Nutritionals  
Elim-A-Cand | Researched Nutritionals  
Happy Belly\* | Metabolic Maintenance  
MegaMycoBalance | Microbiome Labs  
Myc-P | Researched Nutritionals  
PyloGuard\* | Microbiome Labs  
Silver Guard\* | Alight Health Formulas

## Binders

Gentle Bind\* | Alight Health Formulas  
Ultra Binder\* | Quicksilver Scientific

Also see:

GASTROINTESTINAL SUPPORT: Acute -  
Enterogel | Bioline Products (NZ ONLY)

## Cognitive Support

BDNF Essentials\* | Researched Nutritionals  
BrainSustain for Kids *Vanilla* | Xymogen  
Bright Panda | Alight Health Formulas

Also see section:

ESSENTIAL FATTY ACIDS

## Detoxification Support

ToxinPul\* | Researched Nutritionals  
Tri-Fortify Gel\* *Orange or Watermelon* |  
Researched Nutritionals

Also see section:

BINDERS

MULTIVITAMIN/MINERALS: Medi Restore |  
RN Labs (NZ ONLY)

## Digestive Support

Complete Digestion\*\* | Enzyme Science  
Digestive Enzyme chewables *Natural Mixed Berry* |  
Pure Encapsulations  
Yummy Tummy | Alight Health Formulas  
Histamine Digest 15,000 HDU\* | OmneDiem

## Essential Fatty Acids

Arctic Cod Liver Oil *Lemon*\* | Nordic Naturals  
Coromega Omega 3 *Orange Squeeze* | Coromega  
DHA Infant *Unflavoured* | Nordic Naturals  
DHA Junior *Strawberry* | Nordic Naturals  
Nordic Omega-3 Fishies *Tutti frutti* | Nordic Naturals  
Nordic Omega-3 Gummies *Tangerine* | Nordic Naturals  
Nordic Omega-3 Gummy Worms *Strawberry* |  
Nordic Naturals  
ProOmega 2000 Jr *Strawberry* | Nordic Naturals  
ProOmega Junior *Strawberry* | Nordic Naturals

## Gastrointestinal Support

### Acute

AuRx | Tesseract  
Enteromend\*\* | Thorne  
Enterogel | Bioline Products (NZ ONLY)  
GI Relief\*\* | Thorne  
MegalG2000 | Microbiome Labs  
Magnesium Hydroxide\*\* | Quicksilver Scientific

### Chronic

FiberMend\* | Thorne  
GlutAloeMine\*\* | Xymogen  
MegaMucosa | Microbiome Labs  
MegaPre | Microbiome Labs  
PepciX | Xymogen  
RenewGut+\* | Researched Nutritionals

Also see section:

DIGESTIVE SUPPORT

BINDERS

PROBIOTICS

## Immune Support

Immune Charge+ Throat Spray\* | Quicksilver Scientific  
Pure Defense chewables *Natural Mango* |  
Pure Encapsulations  
Transfer Factor Multi-Immune\* | Researched Nutritionals  
Transfer Factor Sensitive\* | Researched Nutritionals

Also see section:

ANTI-MICROBIAL SUPPORT: Silver Guard |  
Alight Health Formulas

MINERALS: Zinc

VITAMINS: C + D



Key:

#### Product Category

Main products for the category

Other relevant categories or products

\* Recommended for children – suggested use must be determined by health care practitioner.

\*\* Product may be suitable for children based on health care practitioner assessment and suggested use amended.

## Inflammation Support

**Chill Panda™** | Alight Health Formulas

**Curcutex\*\*** | RN Labs (NZ ONLY)

**CytoQuel\*** | Researched Nutritionals

**Vagus Nirvana** | Alight Health Formulas

Also see section:

**COGNITIVE SUPPORT:** Bright Panda | Alight Health Formulas

**DIGESTIVE SUPPORT:** Yummy Tummy | Alight Health Formulas

**ESSENTIAL FATTY ACIDS**

**MOOD/STRESS/HPA AXIS SUPPORT:** Chill Panda | Alight Health Formulas

## Minerals

### Calcium

**Calcium & Magnesium Plus K2 & D3 Natural Lemon Lime** | NaturoBest (NZ ONLY)

### Iron

**Little One Children's Multivitamin** | Metabolic Maintenance

**PurePals (with Iron)** | Pure Encapsulations

### Magnesium

**Magnesium (powder)\*** | Pure Encapsulations

**Magnesium Citrate\*\*** | RN Labs (NZ ONLY)

**Magnesium Glycinate\*\*** | RN Labs (NZ ONLY)

**Magnesium Glycinate Liquid\*** | Pure Encapsulations

**Magnesium Gummy\*** | Pure Encapsulations

**Magnesium Liquid\*** | Pure Encapsulations

### Zinc

**Zinc 15\*\*** | Pure Encapsulations

**Zinc chewables\* Natural Orange** | Pure Encapsulations

**Zinc Glycinate\*\*** | RN Labs (NZ ONLY)

**Zinc Gummy\* Natural Blueberry** | Pure Encapsulations

**Zinc Lozenges Natural Orange** | Douglas Laboratories

## Mood/Stress/HPA Axis Support

**5-Hydroxytryptophan\*\*** | Thorne

**AnxiaEase\*** | Researched Nutritionals

**Ashwagandha Drops Kids** | Ayush Herbs

**Glycine Powder\*\*** | RN Labs (NZ ONLY)

**L-Theanine\*\*** | Xymogen

**L-Theanine Powder\*\*** | RN Labs (NZ ONLY)

**Phosphatidylserine\*\*** | Thorne

**PS-100 (Phosphatidylserine)\*\*** | Metabolic Maintenance

**Zenbiome Cope\*** | Microbiome Labs

**Zenbiome Dual\*** | Microbiome Labs

**Zenbiome Sleep\*** | Microbiome Labs

Also see section:

**INFLAMMATION SUPPORT:** Chill Panda, Vagus Nirvana | Alight Health Formulas

**MINERALS:** Magnesium

**VITAMINS**

## Multi-vitamin/Minerals

**Calcium & Magnesium Plus K2 & D3 Natural Lemon Lime** | NaturoBest (NZ ONLY)

**Junior Nutrients** | Pure Encapsulations

**Little One Children's Multivitamin** | Metabolic Maintenance

**Medi Metabolic\*\* Smooth Chocolate** | RN Labs (NZ ONLY)

**Medi Restore\*\* French Vanilla** | RN Labs (NZ ONLY)

**Nordic Berries Cherry Berry or Citrus** | Nordic Naturals

**Ultra Preventive Gummy Natural Raspberry-Lemonade** | Douglas Laboratories

**Ultra Preventive Kids Natural Grape or Natural Orange** | Douglas Laboratories

**Vitamin/Mineral Base Powder\*\*** | Metabolic Maintenance

## Muscle Testing Kits

**PANS/PANDAS Muscle Testing Kit** | Alight Health Formulas

**Tester Kit Researched Nutritionals NZ/AU** | Researched Nutritionals

## Musculoskeletal Support

**Core Nutrients with Collagen\*\* French Vanilla** | RN Labs (NZ ONLY)

Also see section:

**ESSENTIAL FATTY ACIDS**

**INFLAMMATION SUPPORT**

**MINERALS:** Calcium + Minerals

**VITAMINS:** C + K



RN Labs products are available to Australian Practitioners by contacting RN Labs directly: [www.rnlabs.com.au](http://www.rnlabs.com.au)

# Children's Products by Category

## Probiotics

**Kids Nordic Flora Probiotic Gummies Merry Berry Punch** | Nordic Naturals  
**MegaSporeBiotic Gummies for Kids Berry Blast** | Microbiome Labs  
**MegaSporeBiotic** | Microbiome Labs  
**Multi-Biome** | Researched Nutritionals  
**OraMax** | Researched Nutritionals  
**Probiotic 123** | Pure Encapsulations  
**ProbioMax Plus DF\*** | Xymogen

## Topical

**Neem oil** | Ayush Herbs  
**Biome Balancing Serum** | SIV

## Vitamins

### Vitamin B

**Basic B Complex\*\*** | Thorne  
**BioActive B-Complex\*\*** | RN Labs | (NZ ONLY)  
**Folate B9 Drops 100 (formerly Methyl Folate 100mcg Drops)\*** | MTHFR Support (NZ ONLY)  
**Hydroxy B12 Drops\*** | MTHFR Support (NZ ONLY)  
**Liquid B6 Drops\*** | MTHFR Support (NZ ONLY)  
**Methyl B12 100 Drops\*** | MTHFR Support (NZ ONLY)  
**Total B Drops\*** | MTHFR Support (NZ ONLY)

### Vitamin C

**C-RLA Vanilla Caramel** | Researched Nutritionals  
**Vitamin C Powder (Reduced Acidity)\*** | Metabolic Maintenance  
**Vitamin C\*\*** | Quicksilver Scientific  
**Vitamin C+ Elderberry\*\*** | Quicksilver Scientific

### Vitamin D

**Vitamin D3 Gummies KIDS Wild Watermelon Splash** | Nordic Naturals  
**Vitamin D3 Liquid\*\*** | Pure Encapsulations

### Vitamin K

**Vitamin K2 Liquid\*\*** | Thorne

Key:

#### Product Category

Main products for the category

Other relevant categories or products

\* Recommended for children – suggested use must be determined by health care practitioner.

\*\* Product may be suitable for children based on health care practitioner assessment and suggested use amended.



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# Children's Dosing Calculators

Once the practitioner has determined that a product is suitable for the child who they intend to prescribe the product to, they need to adjust the adult dose for a child. At FxMed we recommend using the **Clark's Rule**, which is done by weight. Please note these are general guidelines, practitioners must make their own clinical judgement based on the child they are seeing in clinic.

## Clark's Rule

Clark's Rule is an equation used to calculate children's dosage based on the known weight of a patient and a known adult dose of a supplement to be used. This can be used for children aged 2–17. The procedure is to take the child's weight in kilograms, divide by 70, and multiply by the adult dose to find the equivalent child's dosage.

Children's dose =

$$\frac{\text{Child's weight in kilograms}}{70 \text{ kilograms}} \times \text{adult dose}$$

- First divide the child's weight in kilograms by 70
- Find the fraction or decimal, whichever makes it easier to make sense of liquid vs capsules.
- Then multiply the fraction or decimal by the typical adult dose to find the child's dose.

*Example:*

Child's weight is 18kg

Divide 18 by 70<sup>^</sup> = 0.25

0.25 multiplied by 1 scoop (adult dose)  
= 0.25 (¼ scoop) of the adult dose

Child's dose for 18kg is 0.25 of an adult's dose, so if the adult dose is 1 scoop daily, the child's dose for 18kg would be ¼ of a scoop.

<sup>^</sup> Recommended adult doses are based on 70kg adults.

## Young's Rule

Young's Rule is an equation used to calculate children's dosage based on the patient's age and the known recommended adult dose. The procedure is to take the age of the child in years, divide by the child's age plus 12, then multiply all by the recommended adult dose.

Children's dose =

$$\frac{\text{Age in years}}{\text{Age in years} + 12} \times \text{adult dose}$$

Age of Child	Dosage
0–1 years	1/8 of the normal adult dose
1–2 years	1/4 of the normal adult dose
2–5 years	1/3 of the normal adult dose
5–12 years	1/2 of the normal adult dose
12+ years	Adult dose (unless the child is particularly small)

*Example:*

A 5-year-old child's dose =  $(5/(5+12))$   
= 0.3 of the adult dose

All health-related information provided by FxMed is intended solely for general guidance, it is not meant to diagnose and should not replace professional medical advice. FxMed will therefore not accept liability for any loss, damage or consequence resulting from any general health information it provides or as a result of supplements consumed.

# Resources

We have a range of protocols that are suitable for children. Please refer to the FxMed Practitioner Hub to view or download. See [hub.fxmed.co.nz/resources](http://hub.fxmed.co.nz/resources)

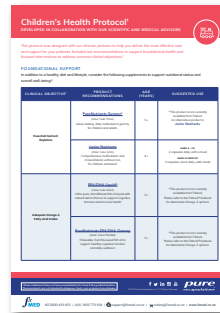


## Total Gut Restoration Protocol

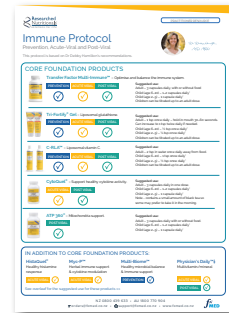


Professional Nutritional Supplements

## Children's Health Protocol



## Immune Protocol



## FxLearn – Educational Webinars



### PANS/PANDAS – A Clinical Approach

Presented by: Dr Jill Crista

URL: [education.fxmed.co.nz/course/pans-pandas-a-clinical-approach/](http://education.fxmed.co.nz/course/pans-pandas-a-clinical-approach/)



### Nutritional Strategies for Sustained Focus

Presented by: Dr James M. Greenblatt

URL: [education.fxmed.co.nz/course/nutritional-strategies-for-sustained-focus/](http://education.fxmed.co.nz/course/nutritional-strategies-for-sustained-focus/)



### Clinical Grand Round: Pediatric Mental Health & Immunity

Presented by: Dr Nicole Beurkens

URL: [education.fxmed.co.nz/course/clinical-grand-round-pediatric-mental-health-immunity/](http://education.fxmed.co.nz/course/clinical-grand-round-pediatric-mental-health-immunity/)



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