



Growing Strong

Children's Products by Category List



JUNE 2025

Globally sourced practitioner brands
from a trusted partner.

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

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 Pricelist or the Practitioner Hub.

Contents

Products By Category.....	4
Resources.....	6
Children’s Dosing Calculators.....	7

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

Also see:

DETOXIFICATION SUPPORT: Tri-Fortify Gel* |
Researched Nutritionals

Antimicrobial/Antiparasitic 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
Baby's DHA *Unflavoured* | Nordic Naturals
Children's DHA Liquid *Strawberry* | Nordic Naturals
Nordic Omega-3 Fishies *Tutti frutti* | Nordic Naturals
Nordic Omega-3 Gummies *Tangerine* | 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
my organic PHGG | therapure
PepciX | Xymogen
RenewGut* | Researched Nutritionals

Also see section:

DIGESTIVE SUPPORT

BINDERS

PROBIOTICS

Immune Support

Immune Charge+ Throat Spray* | Quicksilver Scientific
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

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

Magnesium

Magnesium (powder)* | Pure Encapsulations

Magnesium Citrate** | RN Labs

Magnesium Glycinate** | RN Labs

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

Zinc Gummy* Natural Blueberry | Pure Encapsulations

Mood/Sleep/Stress/HPA Axis Support

5-Hydroxytryptophan** | Thorne

AnxiaEase* | Researched Nutritionals

Ashwagandha Drops Kids | Ayush Herbs

Glycine Powder** | RN Labs

L-Theanine** | Xymogen

L-Theanine Powder** | RN Labs

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

Medi Restore French Vanilla** | RN Labs

Nordic Berries Cherry Berry or Citrus | Nordic Naturals

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

pure collagen peptides + C Natural Vanilla** | therapure

Also see section:

ESSENTIAL FATTY ACIDS

INFLAMMATION SUPPORT

MINERALS: Calcium + Minerals

VITAMINS: C + K

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 Daily 100B* | Xymogen

Topical

Neem oil | Ayush Herbs
Biome Balancing Serum | SIV

Vitamins

Vitamin B

B6 liquid* | therapure
Basic B Complex** | Thorne
BioActive B-Complex** | RN Labs
folate 100 drops* | therapure
hydroxy B12 100 drops* | therapure
methyl B12 100 drops* | therapure
total B drops* | therapure

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.

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[^] = 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.

[^] 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




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/



Nutritional Strategies for Sustained Focus

Presented by: Dr James M. Greenblatt

URL: 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/



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