

What's hot... Kids Health

The prospect of going back to school might already involve a long shopping list, but one thing that shouldn't be overlooked is natural children's supplements. The government recommends that children take vitamins A, C, and D, but the importance of supplements to a child's health can't be underestimated, with benefits from immune system support to maintaining healthy teeth and bones, and keeping their energy and focus levels up.

The big focus right now is on gut health and its link to the immune system, especially important to make sure the kids are ready to fight off those back-to-school bugs. There's also much research into the gut-brain connection, with suggestions that an out-of-balance gut can lead to lower levels of feel-good neurotransmitters, which is in turn linked to problems like depression, anxiety, and behavioural issues.

See below for our top picks of children's vitamins and supplements.



704465 – Floradix Kids Iron & Vitamin Formula, 250ml – **RSP £13.85**



79962 – Sambucol Black Elderberry Teddies Vitamins For Kids, 60s – **RSP £12.99**



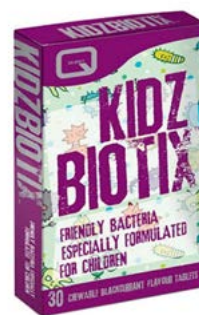
700191 – Natures Aid Children's Omega 3 Drops, 50ml – **RSP £10.45**



93715 – Higher Nature Kids 625iu Vitamin D Spray, 13.5ml – **RSP £9.99**



84512 – Proven Fit For School Stick Packs, 28s – **RSP £14.95**



80796 – Quest Kidzbiotix Tablets, 30s – **RSP £10.75**



84963 – HAYMAX Kids Barrier Balm, 5ml – **RSP £7.59**



700469 – Jack n Jill Hand Sanitiser – Koala, 2x29ml – **RSP £4.99**



703038 – Jack n Jill Kids Cotton Face Mask – Beach, Single – **RSP £10.99**