PATIENT & CAREGIVER EDUCATION

Vitamins (Multiple/Pediatric

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

ABDEK [OTC]; ADEKs [OTC]; Animal Parade [OTC]; BProtected Pedia Tri-Vite; Centrum Kids [OTC]; Childrens Chewable Vitamins; DEKAs Plus; Flintstones Complete [OTC]; Flintstones Gummies [OTC]; Flintstones Plus Bone Building Support Gummies [OTC]; Flintstones Plus Bone Building Support [OTC]; Flintstones Plus Immunity Support Gummies [OTC]; Flintstones Plus Immunity Support [OTC]; Flintstones Plus Iron [OTC]; Flintstones Sour Gummies [OTC]; FloraFol Pediatric [DSC]; Floriva; Floriva Plus; Flotrex; Folivex; MVW Complete Formulation [OTC]; My First Flintstones [OTC]; MyKidz Iron FL [DSC]; MyKidz Iron [OTC] [DSC]; NovaMV [OTC]; Nutra-Z+ [OTC]; One A Day Kids Jolly Rancher Gummies [OTC]; One A Day Kids Jolly Rancher Sour Gummies [OTC]; One A Day Kids Scooby-Doo! Complete [OTC]; One A Day Kids Scooby-Doo!

Gummies [OTC]; Poly-Vi-Flor; Poly-Vi-Sol With Iron [OTC]; Poly-Vi-Sol [OTC]; Poly-Vite Pediatric [OTC]; Quflora FE Pediatric [DSC]; Quflora [DSC]; Tri-Vi-Sol [OTC]; Tri-Vite Pediatric [OTC]; Vitalets Childrens [OTC]

Warning
If your product has iron in it:

- Accidental overdose of drugs that have iron in them is a leading cause of deadly poisoning in children younger than 6 years of age. Keep away from children. If this drug is taken by accident, call a doctor or poison control center right away.

What is this drug used for?

All products:

- It is used to help growth and good health.

Products that have fluoride in them:

- Fluoride may be in the vitamin to prevent tooth decay.

What do I need to tell the doctor BEFORE my child takes this drug?

All products:

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor

about the allergy and what signs your child had.

Products that have fluoride in them:

- If your child has any of these health problems: Bone problems, joint problems, kidney problems, or ulcers.
- If your drinking water contains enough fluoride for your child. Talk with the doctor if you are not sure.

If your product has iron in it:

- If your child has too much iron in the body.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with the doctor.

What are some things I need to know or do while my child takes this drug?
All products:

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's

doctors, nurses, pharmacists, and dentists.

- Different brands of this drug may be for use in different ages of children. Talk with the doctor before giving this drug to a child.
- Do not give more of this drug than you were told. Do not give more often than you were told.
- This drug may affect certain lab tests. Tell all of your child's health care providers and lab workers that your child takes this drug.
- Your child's dose may depend on how old your child is. Talk with the doctor if you are not sure how much of this drug to give to your child.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

Chewables:

- Different brands of this drug may not be for use in children younger than 4 years of age. The chance of choking may be raised. Talk with the doctor if you are not sure if this drug is right for your child.

Products that have fluoride in them:

- Tell the dentist if your child's teeth become stained or spotted.
- Take care of your child's teeth. See a dentist often.
- This drug may cause harm if a large amount is swallowed. If a large amount of this drug is swallowed, call a doctor or poison control center right away.
- Do not give products that have calcium like dairy products within 2 hours of this drug.
- Do not give products that have aluminum or magnesium like some antacids within 2 hours of this drug.
- Purified water may not have fluoride.

What are some side effects that I need to call my child's doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

All products:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever;

wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

Products that have fluoride in them:

- Change in look of teeth or gums.

If your product has iron in it:

- Black, tarry, or bloody stools.
- Fever.
- Throwing up blood or throw up that looks like coffee grounds.
- Stomach cramps.

What are some other side effects of this drug?
All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

All products:

- Upset stomach or throwing up.

If your product has iron in it:

- Diarrhea or constipation.
- Change in color of stool to green.
- Stomach pain.

Liquid products that have iron in them:

- Your child's teeth may get a bit darker with this drug. Brushing will help with this.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

All products:

- Give this drug with or without food. Give with food if it causes an upset stomach.
- Some drugs may need to be given with food or on an empty stomach. For some drugs, it does not matter.

Check with your pharmacist about how to give this drug to your child.

Liquid (drops):

- Measure liquid doses carefully. Use the measuring device that comes with this drug.
- Shake well before use.
- Some products may be mixed with formula, fruit juice, or other food or liquids. Some products may need to be put right in your child's mouth. Be sure you know how to give this drug to your child.

Chewables:

- Have your child chew well before swallowing. Some brands may be swallowed whole or dissolved in the mouth. Talk to your pharmacist if you have questions.

Powder:

- Turn upside down a few times to mix the drug before use.
- Mix powder into moist foods or thickened liquids as you have been told.
- Have your child swallow the mixture right away. Do not store for use at a later time.

Oral strip:

- Have your child place oral strip on the tongue and let dissolve.

What do I do if my child misses a dose?

- Give a missed dose as soon as you think about it.
- If it is close to the time for your child's next dose, skip the missed dose and go back to your child's normal time.
- Do not use 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

All products:

- Store in the original container at room temperature.
- Store in a dry place. Do not store in a bathroom.
- Protect from heat and light.
- Keep lid tightly closed.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

All liquid products:

- Do not freeze.

Powder:

- After opening, throw away any part not used after 60 days.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a

tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

Last Reviewed Date

2024-12-27

Copyright

© 2026 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Vitamins (Multiple/Pediatric - Last updated on December 12, 2022
All rights owned and reserved by Memorial Sloan Kettering Cancer Center

Memorial Sloan Kettering Cancer Center