

| File S3 | | | | | |
|---|-----------------------------|------------------------------|------------------------------|-------------------|----------------|
| Nestrovit Composition, DRI's, and UL ^a | | | | | |
| Micronutrient | Chemical Form | 2 Tablets ^b (10g) | 3 Tablets ^c (15g) | DRI's 9 - 13 y | UL 9 – 13 y |
| Vitamin A | Retinol palmitate | 534 µg | 801 µg | 600 µg | 1700 µg |
| Vitamin E | α-Tocopherol acetate | 6.6 mg | 9.9 mg | 11 mg | 600 mg |
| Folate | Tetrahydrofolic acid | 133.3 µg | 200 µg | 300 µg | 600 µg |
| Vitamin B1 | Thiamine pyrophosphate | 0.93 mg | 1,4 mg | 0.9 mg | - |
| Vitamin B2 | Flavin adenine dinucleotide | 1.17 mg | 1.76 mg | 0.9 mg | - |
| Niacin | Nicotinamide diphosphate | 12 mg | 18 mg | 12 mg | 20 mg |
| Vitamin B6 | Pyridoxal 5-phosphate | 1.33 mg | 2 mg | 1.0 mg | 60 mg |
| Vitamin B12 | Methylcobalamin | 0.73 µg | 1.1 µg | 1.8 µg | - |
| Vitamin D3 | Cholecalciferol | 3.4 µg | 5.1 µg | 5.0 µg | 50 µg |
| Vitamin C | Calcium ascorbate | 40 mg | 60 mg | 45 mg | 1200 mg |
| Biotin | Biotin | 13.3 µg | 20.0 µg | 20 µg | - |
| Vitamin B5 | Pantothenic acid | 4 mg | 6 mg | 4 mg | - |
| Calcium | Calcium | 191.3mg | 287 mg | 1300 mg | 2500 mg |
| Phosphorus | Phosphorus | 144.6mg | 217 mg | 1250 mg | 4000 mg |
| Iron | Iron | 4,3 mg | 6.5 mg | 8 mg | 40 mg |
| Magnesium | Magnesium | 83.3 mg | 125 mg | 240 mg | 350 mg |
| Zinc | Zinc | 5.3 mg | 6 mg | 8 mg | 23 mg |

^a Composition in 2013 and 2014. Newer versions differ in nutritional and vitamins content (<https://www.nestrovit.ch>)

^b Two tablets provided 52 kilocalories (primarily from 0.52 g protein, 4.4 g carbohydrate, and 3.4 g of fat) which represents 3.3% of the recommended energy intake for a sedentary 9 to10 years old child (1600kcal/day).

- ° Three tablets provided 77 kilocalories (primarily from 0.8g protein, 6.7g carbohydrate, and 5.2g of fat) which represents 4.3% of the recommended energy intake for a sedentary 11 to 12 years old adolescent (1800kcal/day) and 3.9% of the recommended energy intake (2000 kcal/day) for a sedentary 13 years olds.
- d The USDA Scientific Report of the 2015 Dietary Guidelines Advisory Committee (pages 101 – 102 of [90]) stated that boys and girls in the 9-13 years old group may be vulnerable to nutritional risks since they do not consume adequate amount of fruits and vegetables and their intake of refined grains is high.