

Ken Sutiak Explains Why You Shouldn't be Giving Vitamins to Your Kids

Sutiak explains that the only time kids should be taking vitamins is if they need it.

SARASOTA, FL, UNITED STATES, June 13, 2018 /EINPresswire.com/ -- Flintstone Vitamins came out in 1968 and nearly every kid in America remembers the chewable delights. They were one of the first vitamins that kids didn't hate eating.

These vitamins are still available today. Yet, now, there's gummies and other chewable creations.

Although, now that there are ways of getting kids to eat their vitamins, parents are wondering if they are still needed.

"When vitamins first came out, no one worried about vitamin deficiency," [Ken Sutiak](#) said. "Our parents thought they were doing something good for us, so they gave it to us as a precaution...because they figured more vitamins was better."

[Ken Sutiak is a firm believer](#) that vitamins should not be given to children unless they are specifically deficient.

The Truth About Vitamins

Over the span of the last forty years, kids have taken vitamins, supposedly for their health. However, according to Dr. Sanjay Gupta, CNN chief medical correspondent, there's no scientific proof. There is no direct correlation between taking vitamins and being healthier or living longer.

Forty years is a long time. Researchers have found out a lot in that time span. Other factors, such as kids who live in higher income, smoke-free homes, are also likely to take vitamins.

However, the higher income and smoke-free environment are proven to boost the chances of a healthy child.

Unfortunately, for most children, taking vitamins are surplus and unnecessary.

The American Academy of Pediatrics states, "Healthy children receiving a normal, well-balanced diet do not need vitamin supplementation."



Of course, the academy insists that children do need vitamins and minerals to live healthy lives. Yet, they insist that children can get those nutrients from their diet.

When Does a Child Need Vitamins?

Even though [Ken Sutiak believes](#) most children shouldn't need vitamins, he does agree that some children need the supplemental help.

Sutiak states that there are some children who don't have a well-balanced diet. Sometimes, kids, even in the most financially stable homes, just don't eat. Plenty of kids go through the phase where they only eat PB and J or macaroni and cheese.

However, unfortunately, a child's preferences are not the only reason a kid is not eating properly. Either way, in this situation, it's paramount to ensure kids are getting the right nutrients. Therefore, they do need a vitamin.

How to Ensure Your Child is Getting the Right Vitamins?

If your child does need vitamins, Ken Sutiak assures that your pediatrician will tell you. Sutiak's advice is to listen to your child's doctor. They will tell you exactly what your child should be taking.

Also, when it comes to multivitamins, make sure that what your giving your child has what they need.

In summation, Ken Sutiak believes that children who don't need a vitamin shouldn't have the surplus added to their system. Instead, their diet should be sufficient in getting them the nutrients they need.

Eric Ash
Web Presence, LLC
941-266-8620
email us here



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