

PEDIATRIC VITAMIN DOSAGE LOG

Month/Year: _____

Child's Name: _____

Weight: _____

VITAMIN / SUPPLEMENT	DOSAGE	FREQUENCY	DAILY TRACKING (1-31)
Multivitamin	1 Gummy	Daily	
Vitamin D3	400 IU	Daily	
Omega-3	5ml	AM	

OBSERVATIONS & NOTES:

** This log is for personal tracking only. Always consult with a pediatrician before starting or changing any supplement regimen.*