



Back-to-School Checklist

To ensure children start the school year healthy and well prepared, we have compiled the most important pharmacy products in a practical checklist. This helps parents stay organized and ensures their children are well cared for.

- ☐ Vitamins (e.g. Supradyn junior, Orthomol junior)
- ☐ Vitamin D (only after medical consultation)
- ☐ Saline nasal spray (e.g. Emser Nasenspray)
- ☐ Probiotics (e.g. Omni-Biotic Panda)
- ☐ Children's plasters (e.g. Hansaplast)
- ☐ Healing ointment (e.g. Bepanthen)
- ☐ Mild disinfectant (e.g. Octenisept)
- ☐ Fenistil Gel for insect bites
- ☐ Lice protection (e.g. S.Calon Protection Spray, Paranix Protect)
- ☐ Tick remover or tweezers
- ☐ Tissues or wet wipes
- ☐ Omega-3 (e.g. Norsan Kids Omega-3)
- ☐ Magnesium (e.g. Dr. Böhm Kids Magnesium)
- ☐ Healthy snacks (nuts, dried fruit, wholegrain crackers)
- ☐ Sufficient water or unsweetened tea
- ☐ Sidroga children's calming tea or Sonnentor organic children's tea
- ☐ Bach Flower Rescue Kids drops (alcohol-free)
- ☐ Essential oils (lavender, orange, lemon balm)

For further information, please contact

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