

The invention relates to an improved pharmaceutical or dietary composition in form of an aqueous syrup, consisting essentially of (a) vitamins recommended for consumption by children or young adults, (b) a suitable calcium source, (c) at least one dibasic amino acids, (d) taurine, (e) at least one solubilizer, (f) at least one additional agent selected from the group consisting of sweetening agents, flavoring agents, flavor enhancers, preservatives, antioxidants, co-solvents, and (g) water.