

Back-to-school Health

Harmony & Health

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Quality Products for Health

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Nutrition and Learning go hand-in-hand. Children who are well-nourished possess the mental stamina that is needed to learn and retain concepts.

Vitamin Supplements for each Age:

- **Pre-School and Elementary**

- ___ Natural **Multiple** Vit & Mineral Soft chews - fill the voids with natural supplements, not synthetic
- ___ **Thai Go** liquid -children need antioxidants also
- ___ **Omega 3 / DHA** chewables or Barlean's Fish Oil (refrig)—for essential fatty acids, enhances learning
- ___ **Ionic Minerals** w Acai— 1 tsp to 1 tbsp daily for trace minerals
- ___ **Elderberry** Immune Soft Chews or Liquid- when the immune & respiratory needs a little help
- ___ **Probiotic Power** Chewable--yogurt, kefir, as well as fermented vegetables are great dietary sources

- **Middle School** (very similar to younger years, but as they branch from chewables, look to:)

- ___ **Super Supplemental tablets or Solstic 24 sticks** to add to water bottles —for multiple vitamin needs
- ___ **DHA** capsules— for essential fatty acids
- ___ **Skeletal Strength** - for calcium and minerals need for growth spurts
- ___ **Probiotic Eleven or Bifidophilus** for encapsulated probiotics.
- ___ **NutriCalm**—unless your are bless and your child has no stress, consider adding this

- **High School and College** (High School.. and College :) ... don't forget Mom & Dad likely fits here as well)

- ___ **Core Nutrients** (as above): Multi, Antioxidant, EFAs, Minerals, & Probiotics, **Super Trio** is a great pre-packaged daily multi, omega, and antioxidants for convenience & compliance.
- ___ Immune, Respiratory, and Stress formulas, such as **Elderberry D3fense**, **NutriCalm**, as needed
- ___ **Protein Meal replacements & bars**— meals get skipped, they still need nutrients, great alternatives.
- ___ **Solstic Energy** - Use instead of the Monsters, Red Bulls, Mountain Dews, etc.. much better option

- **ADD, ADHD, or learning challenges:**

- ___ **Focus Attention** capsules or powder -designed to enhance focus, attention span, and learning
- ___ **DHA** capsules, option Fish or Flax oil -
- ___ **Distress Remedy &/or NutriCalm** - if child has been through emotional issues or high stress
- ___ **Stress J**—liquid or capsules , especially if hyperactive
- ___ Antioxidants Essential— diet, **High Potency Grapine**, or **Thai Go**
- ___ **Gaba Plus** -for anxiety or monkey mind and hard to keep concentration on one task.
- ___ **Protein Meal replacements** - Need protein with each meal, especially breakfast

We hope you don't need it, but keep in mind we have natural products for Lice, Colds, Ear aches, and more.

*Be prepared before it hits, keep immune system products on hand, such as **Silver Shield**, **Elderberry**, **Echinacea/Goldenseal**, **Natural Cough Syrups**, and good probiotics, such as **Probiotic Power** or **Bifidophilus**. **Solstic Revive**, **Power Pak**, and **Liquid IV** can help prevent dehydration by replacing needed electrolytes naturally without the added sugar as others on the market.*

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Help Your Body Stay Healthy with Natural Remedies.

