

Back-to-School

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. Diet is the foundation and supplements help to enhance.

Vitamin Supplements for each Age:

● Pre-School and Elementary - *chewable or liquid options.*

- ___ 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 - *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 Or AiviaEnergy** - Use instead of the Red Bulls, Mountain Dew's, 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 or digestive stress
- ___ **Antioxidants Essential**— dietary fruits & vegetables, High Potency Grapine, or Thai Go
- ___ **Gaba Plus** -for anxiety or monkey mind and hard to keep concentration on one task.
- ___ **Protein Meal** options - 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** can help prevent dehydration by replacing needed electrolytes naturally without the added sugar as others on the market. **Chlorophyll stick packs** are also a great refreshing drink alternative, providing an additional serving of greens daily.

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.

Building Better Health Naturally

