

Kids' Nutrition



Many kids are picky eaters, and they don't always get the nutrition they need from their diet. NSP's Sunshine Heroes chewable children's supplements fill in the nutritional gap with important vitamins, minerals, probiotics, and other nutrients required for healthy, growing bodies. Each children's supplement features our unique Protector Shield® blend of antioxidants from fruits and veggies to further support the immune system and cellular health. Fill in the gaps in your child's diet with quality nutritional supplements — because kids don't always eat as they should!

In the alphabet soup of vitamins/minerals and nutrients, a few stand out as critical for growing kids:

- **Vitamin A:** Promotes healthy skin, vision, and immune responses; Promotes healthy mucosal membrane to defend against infection; Aids in wound healing. Good sources include organ meats and meat, cod liver oil, milk, cheese, eggs, and yellow/orange vegetables like sweet potatoes, peppers, carrots, yams, and squash.
- **Vitamin B Complex** (B1, B2, B3, B6, folic acid, B12, pantothenic acid, and biotin): Aid in metabolism and energy production; Supports the circulatory system; Promotes the development of the nervous system and brain formation; Supports balanced mood. Good sources include meat, chicken, fish, nuts, eggs, milk, cheese, beans and whole grains.
- **Vitamin C:** Fundamental to human health and must come from food; Prevents scurvy; Promotes the production of collagen for healthy connective tissues and skin; Provides antioxidant protection; Supports the immune system. Good sources include a variety of fruits and vegetables.
- **Vitamin D:** Essential for bone and tooth formation; Helps the body absorb calcium; Prevents rickets; Supports balanced mood; Supports the immune system. Good sources include fortified milk, mushrooms, fatty cold water fish like salmon and mackerel, and cod liver oil. The best source of vitamin D is sunlight.
- **Calcium:** Builds strong bones and teeth; Support proper muscle function. Good sources include milk, cheese, yogurt, dairy alternative, leafy green vegetables, and calcium-fortified orange juice.
- **Iron:** Essential for healthy red blood cells; Support energy production; Prevents anemia. Iron deficiency is a risk in adolescence, especially for girls once they begin to menstruate. Good sources include organ meats and red meats, turkey, pork, spinach, beans, and prunes.
- **Essential Fatty Acids:** Important for proper neurological and brain formation; Balance of mood and emotions. Good sources include grass-fed meats, fatty cold water fish like salmon and mackerel, and seeds and nuts.
- **Protein:** Amino acids (from protein breakdown) are used for the development and formation of all body structures and systems. Quality protein in the diet is vital for growth, development and maintenance of kids' health. Good sources include meats, eggs, dairy products and beans.

Next to a healthy diet, physical activity is important for a child's health

"Kids are being diagnosed with anxiety, depression, ADHD, irritable bowel syndrome, and migraine headaches at all-time high rates. Whatever labels we want to use, the message is clear — our children are suffering from stress." writes pediatrician Lawrence Rosen. Fortunately, trees and nature reduce stress and help depression. Studies point to more activity in nature as an effective stress-busting tool for helping kids cope. Yet, only 46% of children engage in active play for three hours or less a week. Source: *Alive Magazine*, *Get Your Children Outside*, by N. Glenn Perrett, Aug. 2013

Kids' Supplements

Sunshine Heroes Vitamin C 250 mg

BEST USE — Daily nutrition. Provides 250 mg of vitamin C in a tasty chewable tablet.

BENEFITS INCLUDE:

- A factor in the maintenance of good health.
- Helps in the development and maintenance of bones, cartilage, teeth and gums.
- Helps in connective tissue formation and in wound healing.

Sunshine Heroes Multiple Vitamins + Iron

BEST USE — Daily nutrition. Contains 12 essential vitamins and iron to give your child a nutritious start to each day. Each tablet is sweetened with fructose and natural-source, lemon-lime flavour in a base of bioflavonoids and herbs (rose hips, choline, inositol, wheat germ and myrrh gum and kelp)

BENEFITS INCLUDE:

- Multi-vitamin/mineral supplement provides 12 essential vitamins, minerals, herbs and antioxidants.
- A factor in the maintenance of good health.

TNT Powder Drink Mix

BEST USE — Daily nutrition. TNT is a unique nutritional beverage designed to meet modern nutritional daily needs. Not only is TNT nutritious, it is tasty and delicious with its orange creme flavour. Stir it and drink it! Add TNT to your drinks, shakes, popsicles, etc. It's a delight any way and anytime you use it! Each serving of TNT provides soluble fibre, vitamins, minerals and other nutrients essential to good health.

BENEFITS INCLUDE:

- Used daily to provide broad spectrum nutritional support for the maintenance of good health.
- Helps the body to metabolize carbohydrates, fats and proteins.
- Helps to maintain eyesight, skin membranes, and immune function.

Sunshine Heroes Bifidophilus

BEST USE — Daily nutrition. Provides millions of probiotics that contribute to a natural healthy gut flora for the intestinal and immune systems in a chewable tasty tablet for kids.

BENEFITS INCLUDE:

- Supports the digestive and intestinal systems.
- Aids digestion and intestinal function.
- Strengthens immune response.

Sunshine Heroes Vitamin C with Elderberry

BEST USE — During times of colds and flu. Provides key vitamins, minerals, herbs and other nutrients that play essential roles in building and maintaining healthy immune function, including vitamin D and elderberry.

BENEFITS INCLUDE:

- Supplies key botanicals, vitamins, and minerals for immune system support during times of illness.

TNT Bar

BEST USE — Use whenever you need a boost of energy or a healthy snack. TNT Bar is a delicious and nutritious energy bar that puts the health benefits of our TNT drink mix into a convenient, easy to-eat, carry-anywhere food. It's perfect for people on the go, athletes, teenagers, school children looking to fill the after-school but before-dinner void.

BENEFITS INCLUDE:

- Contains both simple and complex carbohydrates.
- Contains only the highest quality proteins supplied by our proprietary TNT Protein Blend including soy protein, whey protein, calcium caseinate and milk protein isolate.

