

# Kids Pops 30 per bag

All the **VITAMINS, MINERALS** and **FISH OILS** your child needs for the day in a great tasting **LOLLIPOP!!**

**Finally, a lollipop that mom's will be THRILLED to let their children eat!**

Give your kids their daily intake of Vitamins and Minerals the easy way! Healthy lollipops for your child. Children don't always eat the way we would like them to eat, and a picky eater might not get all the vitamins, minerals and other important nutrients he or she needs. Some kids don't eat healthy diets all the time, and a few children rarely eat anything healthy at all. Processed foods and junk foods may not contain much nutritional value, just unhealthy fats, sugar and calories.

**A healthy diet is just as important for children as it is for adults.**

When a child doesn't eat enough healthy foods, his or her ability to learn may suffer. Imagine sitting in school all when your brain and body are both starving of good nutrition!

**ALL Natural Flavors and Colors!**

Getting a child to put a great tasting lollipop in their mouth is much easier than getting them to swallow a tablet. Studies have shown that up to 90% or more of the pill or capsule supplements taken orally pass through the digestive system unabsorbed. By using a supplement that bypasses the digestive system and can be absorbed into the system nearly instantly, absorption is increased tremendously. The body, when taking supplements in this manner, is said to absorb up to 99% of the nutrients, and there are NO adverse stomach reactions as well. 85-90% of the vital nutrients in liquid supplements are absorbed in 22 to 30 seconds. Compare this to the four hours it takes a mere 10-20% of the nutrients in pills to become absorbed into the body. ***That means for every dollar you are spending on nutrients, you are literally flushing about 90% of it down the toilet.*** Because the lack of absorption, companies must use mega doses of nutrients which can cause taxation on the kidneys.

**The question we are asked time and time again do they contain sugar? The answer is Yes, 100% natural sugar**

**The above has been independently tested by Intertek Labtest UK Limited**

**20 Vitamins and Minerals and ONLY 24 calories per Pop...** Natural flavors and colors, ***no fat and no processed sugar.***

• Vitamin A (Fish oil) • Vitamin A (Beta Carotene) • Vitamin B1 • Vitamin B2 • Vitamin B5 • Vitamin B6 • Vitamin B12

• Vitamin B3 • Vitamin C • Vitamin D3 • Folic Acid USP • Vitamin E • Biotin • Calcium • Iron • Magnesium

- Potassium • Zinc • Iodine (Kelp) • Manganese • Calories 24 • Total Fat 0 • Totally natural Sugars 6g used as a binding agent

- Small amounts Fructose and Corn Syrup as a binding agent.

**The following information is written by Shereen Jegtvig: Nutritionist for 16 years and is a member of the American Dietetic Association.**

A child's multi-mineral/vitamin dietary supplement, plus fish oils make a good basic dietary supplement program for most children. Some kids with health problems may need more complex dietary supplementation, which should be determined by a doctor, nutritionist or dietitian.

### **Which dietary supplements should kids take?**

- One common deficiency in children's diets are the Omega-3 essential fatty acids, they are essential for proper nervous system and brain function, which is very important for those long school days. This essential fatty acid can be found in pumpkin seeds, cold oily ocean fish like Tuna, canola oil and flax oil. It can also be taken as a dietary supplement if kids don't like the strong taste of oily fish or the other foods.
- Kids who snub vegetables may not be getting enough Vitamin C, which is important for our immune system and for the connective tissue under our skin. Vitamin C protects us from damaging free radicals and is crucial for brain function.
- The B complex vitamins have several functions, some of which are involved with carbohydrate metabolism. A child who has high refined sugar and starch diet may deplete those important B vitamins.
- Some experts believe that minerals are depleted in our soil, and therefore much of our produce may be deficient of minerals as well.. For example:
  - Calcium and magnesium are important for healthy bones, nerves and muscles.
  - Zinc is important for our immune system.

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### **Take 1 KIDS POP daily**

Unfortunately, one clinical study after another shows that our children do not receive the nutrition they need from their diets. In addition to problems caused by high intake of fat, particularly saturated fat, many children are simply not getting enough of the essential nutrients. Less than 25% of young people eat the recommended five servings or more of fruits and vegetables each day, and nearly one quarter of all vegetables consumed by children are chips! Adequate amounts of key nutrients such as Zinc, Vitamin B6, Magnesium and Calcium are missing from the diets of more than 50% of children from 2 to 10 years old. Childhood nutrition is not only important for a child's developing years, maintaining optimal health is a lifelong challenge. More and more medical research is showing that it is poor diet and bad habits that are established in childhood that develop into degenerative diseases of middle and old age. With this in mind, it is important to focus today on maintaining a child's health through proper eating patterns.