

# Naturemedies All-In-One Kids Immuno Boost (chews)

CHILDREN'S MULTI VITAMIN AND MINERAL COMBINATION



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## Naturemedies All-In-One Kids Immuno Boost 120 chews

### Usage:

For children 5 and over, chew 1 tablet, 1 or 2 times per day.  
WARNING: These tablets are not sweets. They are designed to be chewed, not swallowed whole.

Naturemedies All-In-One Kids Immuno Boost is a special combination of vitamins, minerals, bio-culture, herbs and DHA, to support children's immunity, energy levels and overall well-being - recommended for children 5 years and up.

Zingy blackcurrant flavour chewable tablets - kids love them!

### Multi vitamin and mineral combination

The vitamins and minerals selected for this food supplement provide combined support for the immune system, normal growth and development, bones, teeth, gums, energy levels, cognitive function and more - backed by science. See the comprehensive EFSA approved health claims listed below.

### Black elderberry

Black elderberry may be one of the most commonly used herbs for immune health and is a long-established daily tonic for both immune support and antioxidant support. These berries are high in anthocyanins, which give them their bluish-purple colour, as well as anthocyanidins. These flavonoids have antioxidant properties, and they've also been recorded to have a high oxygen radical absorption capacity (ORAC), which is the scale by which antioxidant activity is measured. They assist with the body's natural defenses and cell communication.

### Blackcurrant

Considered to be superfruits due to their wide array of nutrients, blackcurrants were used during World War 2 as a replacement for oranges and other fruits rich in vitamin C (as they were difficult to source in the UK at that time). These berries are extraordinarily rich in vitamin C and are actually far superior to navel oranges - containing more than three times as much of this powerful antioxidant. They also contain a good amount of calcium, potassium, phosphorus, iron, phyto-nutrients, vitamin E and other antioxidants, including anthocyanins - a type of polyphenol. Blackcurrants are a great energy food and the seeds are rich in unsaturated fatty acids. They can also help to prevent joint inflammation, eye strain and urinary infections. A recent scientific study revealed that the natural chemicals and compounds found in blackcurrants may help to balance the impact that exercise can have on the body. Researchers in New Zealand also uncovered a compound, which may help to improve breathing in some types of asthma.

### Rosehip

Rosehips are a great source of bio-available vitamin C and bioflavonoids (which exert a synergic action to vitamin C, enhancing its absorption rate). Vitamins A, B1-3 and K, as well as iron, are also present.

### Elderberry

Elderberries are rich in vitamins A and B, flavonoids and potassium, but they are most notable because they contain very high levels of vitamin C. Anthocyanins found in elderberries have more antioxidant capacity than either vitamin E or vitamin C. These potent antioxidants enhance immune function by boosting the production of cytokines - proteins that act as "messengers" in the immune system to help regulate immune response.

### Beetroot

Beetroot is a rich source of potent antioxidants (such as betanin, the pigment that gives beetroot its deep colour) and other essential nutrients, including folic acid, magnesium, manganese, sodium, potassium, phosphorus, soluble fibre, calcium, iron, vitamins A, B and C, silica and betaine. Beetroot can help to support the immune system, through its extraordinary range of vitamins, minerals and other nutrients (particularly antioxidants), which mean our bodies are better able to fight off infection. These nutrients help to stimulate the re-oxygenation of cells and the production of new blood cells.

### DHA (Docosahexaenoic Acid)

DHA is abundant in oily fish and is found in high concentration in the grey matter of the brain and the retina of the eye. It is also instrumental in the function of brain cell membranes, which are important for the transmission of brain signals. Essential for normal brain and eye development, DHA deficiencies have been linked to depression, dementia, mood changes, attention deficit hyperactivity disorder (ADHD), memory loss and visual problems.

### Lactobacillus Acidophilus (50 million CFU)

Acidophilus is probably the most well-known and well-used species of friendly bacteria. It is from the Lactobacillus genus and its full name is written as Lactobacillus acidophilus, sometimes abbreviated to L. acidophilus. It is also a naturally-occurring bacteria in the gut, and has been well-researched in studies focusing on a number of different areas of health.

### # Approved EFSA health claims:

Vitamin A contributes to normal iron metabolism, the maintenance of normal mucous membranes, the maintenance of normal skin, the maintenance of normal vision, the normal function of the immune system and has a role in the process of cell specialisation.

Vitamin C contributes to maintaining the normal function of the immune system. It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Vitamin D contributes to the normal function of the immune system and healthy inflammatory response, normal absorption/utilisation of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, the maintenance of normal muscle function, the maintenance of normal teeth, it has a role in the process of cell division and is needed for normal growth and development of bone in children.

Vitamin K contributes to normal blood clotting and to the maintenance of normal bones.

Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Selenium contributes to the maintenance of normal hair, the maintenance of normal nails, the normal function of the immune system, normal thyroid function and the protection of cells from oxidative stress. DHA contributes to the maintenance of normal blood triglyceride levels (with a daily intake of 2g of DHA and when taken in combination with

EPA)\*. DHA contributes to maintenance of normal brain function (with a daily intake of 250mg of DHA). DHA contributes to maintenance of normal vision (with a daily intake of 250mg of DHA).

### About the vitamin, mineral and omega-3 fatty acid ingredients

Vitamin A: Vitamin A contributes to normal iron metabolism, the maintenance of normal mucous membranes, the maintenance of normal skin, the maintenance of normal vision, the normal function of the immune system and has a role in the process of cell specialisation.

Vitamin C: Vitamin C contributes to maintaining the normal function of the immune system. It also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Vitamin D: Vitamin D contributes to the normal function of the immune system and healthy inflammatory response, normal absorption/utilisation of calcium and phosphorus, normal blood calcium levels, the maintenance of normal bones, the maintenance of normal muscle function, the maintenance of normal teeth, it has a role in the process of cell division and is needed for normal growth and development of bone in children.

Vitamin K2: Vitamin K contributes to normal blood clotting and to the maintenance of normal bones.

Zinc: Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Selenium: Selenium contributes to the maintenance of normal hair, the maintenance of normal nails, the normal function of the immune system, normal thyroid function and the protection of cells from oxidative stress. Docosahexaenoic Acid: DHA is abundant in oily fish and is found in high concentration in the grey matter of the brain and the retina of the eye. It is also instrumental in the function of brain cell membranes, which are important for the transmission of brain signals. Essential for normal brain and eye development, DHA deficiencies have been linked to depression, dementia, mood changes, attention deficit hyperactivity disorder (ADHD), memory loss and visual problems. DHA contributes to the maintenance of normal blood triglyceride levels (with a daily intake of 2g of DHA and when taken in combination with EPA). DHA contributes to maintenance of normal brain function (with a daily intake of 250mg of DHA). DHA contributes to maintenance of normal vision (with a daily intake of 250mg of DHA).

### About the herbal and probiotic ingredients

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