



**Nutrients to improve your kids
mood, behaviour and mental
health.**



OMEGA-3

Omega-3 provides your children's brain with EPA & DHA.

EPA and DHA play very different roles within the brain. EPA is important for neuron signalling and synapses, so is involved more in function. DHA has more of a role in the development and structure of the brain, which is why it's the most important omega-3 for kids.

Sufficient DHA is needed for:

- Cognitive function
- Learning
- Memory
- Release of brain chemicals
- Modulation of the blood-brain barrier that protects the brain

What to look for in a supplement:

- High concentration of DHA (ideally >500mg per serve)
- Sustainably sourced
- Highly purified

MAGNESIUM

Magnesium is often the go-to nutrient for many mood, sleep & behaviour concerns. Magnesium regulates neurotransmitters (serotonin, dopamine etc), but it also binds to GABA receptors and can activate the 'rest and digest' mode of the nervous system, calming and relaxing the body. When GABA is low, our kids might experience agitation, irritability, anxiety, poor attention and aggression.

Magnesium can improve sleep quality and duration, which is essential for the body to fall into a deep sleep which allows the body to perform many essential processes that reset and repair.

Sufficient magnesium is needed for:

- Regulating neurotransmitters;
- Aiding 'rest & digest'
- Supporting sleep onset, duration and quality.
- Muscle function
- Nerve function
- Blood sugar regulation

What to look for in a supplement:

- Magnesium bisglycinate for best absorbability.

ZINC

Zinc is necessary for the activity of over 300 enzymes that aid in metabolism, digestion, nerve function, and many other processes - so you can see, it's a very important nutrient.

Zinc is one of the most prevalent nutrients in the brain, and is required for the structure and function of the brain. Low zinc levels are associated with problems such as depression, anxiety and even minor issues such as frequent tantrums. A healthy level of zinc helps support a calm, happy mood in kids.

Zinc is also essential for neurotransmitter production, supporting gut function. If levels are low, it will reduce the production of these brain chemicals and affect sleep quality. Zinc supplementation can improve total sleep duration if deficient.

Sufficient zinc is needed for:

- Neurotransmitter production
- Enzymatic reactions
- Nerve function
- Decreasing oxidative stress and inflammation.
- Gut function
- Growth & development

What to look for in a supplement:

- Zinc Chelate for best absorbability

PROBIOTICS

The gut-brain axis describes the communication between the gut and the brain via many body systems including the autonomic nervous system. The gut microbiota has the ability to affect the function of the brain, including cognition and emotional regulation through the production of neurotransmitters and short-chain fatty acids.

Studies suggest the use of specific probiotic strains can alter behavioural responses, including anxiety, fatigue, poor sleep quality and poor concentration/cognition.

Sufficient probiotics is needed for:

- Enhance function of the gut-brain axis;
- Support neurotransmitter production to help regulate mood;
- May help boost mood and cognitive function and lower stress and anxiety;
- Enhance sleep quality.

What to look for in a supplement:

- 10 billion CFU's per serve

B-VITAMINS

B vitamins including folate, vitamin B12 and vitamin B6 which are all important for correcting anxiety in children. They act as co-factors for brain chemicals, so low levels can cause imbalances. As these vitamins are water-soluble, the body can't build up a store of them, so kids need to be consuming them daily.

Sufficient B-Vitamins are needed for:

- Reducing stress;
- Improving mood;
- Cognitive function;
- Neurotransmitter production;
- May improve symptoms of depression and anxiety

What to look for in a supplement:

- Methylated form for optimal absorption.

VITAMIN D3

Vitamin D is also essential for mental health. Deficiency is linked to high levels of inflammation, which can have devastating effects on the nervous system and brain. Much of the research suggests that vitamin D plays a critical role in conditions like depression and anxiety.

So to optimise the development and growth of your child's nervous system and brain, you need to be aware of their vitamin D status.

Supplementing with vitamin D could improve symptoms in ADHD and autism. Research shows that mothers who already have children with autism are less likely to have another child with autism if they supplement with vitamin D throughout pregnancy.

Sufficient Vitamin D3 is needed for:

- Regulating mood;
- Reducing anxiety & stress;
- Regulate sleep.

What to look for in a supplement:

- Ideally 1,000iu per capsule
- Stability: ensure product is stored away from light and heat.

PROTEIN

Protein is vital for our kids not only for their growth & development, but for their optimising their brain function. One of the essential amino acids provided by dietary protein is tryptophan. Tryptophan supports mood as it is the precursor to serotonin which in turn makes melatonin (which assists with the sleep/wake cycle). Low levels of tryptophan are linked to mood disorders.

Eating adequate amounts of protein also provides blood sugar regulation which helps stabilise our children's moods, reduces anxiety, irritability, and improves concentration.

Sufficient protein is needed for:

- Stabilising blood sugar levels;
- Provides essential amino acids for mood regulation;
- Assists with sleep/wake cycle.
- Keeps your children fuller for longer;
- Improves concentration;
- Improves mood.

What to look for in a supplement:

- Additives in powders protein powders;
- Artificial sweeteners in protein powders.