

# ENCOMPASS NUTRIENTS **COMPLETE KIDS**

## *26 Active Ingredients & Their Benefits*

These ingredients are found in whole foods, and are important/necessary building blocks for the human body. However, it's extremely difficult to consume the proper diet and get all our bodies need to function properly. Complete Kids is a great way to supplement a child's diet to help assure proper nutrition.

**A** - Promotes normal growth and development; tissue and bone repair; and healthy skin, eyes, and immune responses. Vitamin A is a critical micronutrient especially for children under five, boosting their immune systems, preventing blindness and increasing their chances of survival.

**Bs (1,2,3,6,12)** - Aids metabolism, energy production, and healthy circulatory and nervous systems. Promotes healthy muscles, connective tissue, and skin. Promotes bone and tooth formation and helps the body absorb calcium.

**C** - Helps form and repair red blood cells, bones, and tissues. It helps your child's gums stay healthy and strengthens your child's blood vessels, minimizing bruising from falls and scrapes. In addition, vitamin C helps cuts and wounds heal, boosts the immune system, and keeps infections at bay. And it helps the body absorb iron from food sources.

**D** - Vitamin D helps ensure the body absorbs and retains calcium and phosphorus, both critical for building bone. A vitamin D deficiency can lead to rickets, a bone-softening disease.

**E** - Keys for strong immunity and healthy skin and eyes. It also acts as a powerful antioxidant, which helps to protect cells against damage caused by free radicals. It is thought that these free radicals may cause cancer, heart disease, and cataracts.

**Biotin (H)** - Biotin is a precursor to enzymes that help break down proteins, fats and carbohydrates into usable energy in your body. A deficiency in biotin can cause hair loss, dry skin, swollen tongue, dry eyes, loss of appetite, fatigue, insomnia and depression.

**Folic Acid** - Folic acid is needed for the proper development of the human body. It is involved in producing the genetic material called DNA and in numerous other bodily functions.

**Calcium Pantothenate (B5)** - One of the most important vitamins for human life. It's necessary for making blood cells, and it helps you convert the food you eat into energy.

**Chromium** - It is an essential part of metabolic processes that regulate blood sugar, and helps insulin transport glucose into cells, where it can be used for energy. It can also help suppress hunger.

**Copper** - An essential nutrient for the body. It enables the body to form red blood cells. It helps maintain healthy bones, blood vessels, nerves, and immune function, and it contributes to iron absorption. Sufficient copper in the diet may help prevent cardiovascular disease and osteoporosis, too.

**Magnesium** - Magnesium plays a role in over 300 enzymatic reactions within the body, including the metabolism of food, synthesis of fatty acids and proteins, and the transmission of nerve impulses. It helps assimilate calcium into the bone and plays a role in activating vitamin D in the kidneys. Magnesium is necessary to maintain the health of muscles, including the heart, and for the transmission of electrical signals in the body.

**Manganese** - It's required for the normal functioning of your brain, nervous system and many of your body's enzyme systems.

**Molybdenum** - It's a key component of many vital functions. Without it, deadly sulfites and toxins would build up in your body.

**Selenium** - Selenium is an essential trace mineral that is important for many bodily processes, including cognitive function, a healthy immune system, and fertility in both men and women. It contributes to thyroid hormone metabolism and DNA synthesis, and it helps protect against oxidative damage and infection.

**Chia Seed (Omega-3)** - Chia seeds are full of important nutrients. They are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fiber, iron, and calcium. Omega-3 fatty acids help raise HDL cholesterol, the "good" cholesterol that protects against heart attack and stroke.

**Lactospore (Probiotic)** - Helps improve gut health by increasing the amount of healthy bacteria in the intestines for proper digestion and nutrient absorption. Survive in gastric secretions and bile of the upper digestive tract and reach the intestine safely.

**Alfalfa** - Shown to help lower cholesterol, and may also have benefits for blood sugar control and relieving symptoms of menopause. People also take it for its high content of antioxidants, vitamins C and K, copper, folate and magnesium.

**Broccoli** - A great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, fiber. Contains vitamin C – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.

**Chorella** - A fresh water algae that helps enhance your immune system, improve cholesterol, acts as an antioxidant, and is an excellent source of iron and vitamin C.

**Kale** - One of the healthiest and most nutritious plant foods in existence. Loaded with vitamins A, K, C, B6, Calcium, and Potassium. It's very high in antioxidants which help counteract damage by free radicals in the body. It has anti-inflammatory, anti-viral, and anti-cancer effects (to name a few).

**Spirulina** - Contains powerful antioxidant and anti-inflammatory properties. Can lower bad cholesterol and triglyceride levels. May have anti-cancer properties, may reduce blood pressure, helps reduce symptoms from breathing allergies, may be effective against anemia, may improve muscle strength and endurance, and may aid blood sugar control.

**Zinc** - Helps your immune system and metabolism function. Zinc is also important to wound healing and your sense of taste and smell.

\*Information sited from WebMD and other similar sites. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.