

junior



Optimises the growth in
children and adolescents



GROWTH



ORGAN
FUNCTION



ROYAL
JELLY

The **goal of child** nutrition is not only to meet the current needs, but also to **promote growth and normal development to become a healthy adult**

Nutrition is integrated by a complex system, in which interact **the environment** (influences the selection of the food, frequency of consumption, type of food, size of the portions, meal time ..etc.), **the agent** (water, energy and nutrients) **and the host** (i.e. the child with its physiological characteristics). If adult nutrition aims to maintain the vital functions and the production of energy in its broadest sense, **child nutrition acquires a much important aim, being the determinant of growth and influencing significantly the development (functional maturation).**

The increase of the daily activity of children and adolescents, in physical and intellectual terms or in some types of convalescence, added to the process of growth, may involve transit nutritional decompensation, which in some cases may lead to the **Fatigue Syndrome**, which generally has short periods of 3 months. It is usually associated with restlessness, sleep disorder and difficulty in concentration.

PERIOD CHARACTERISTICS	Until the age of 2 years	Preschool 2-6 years	School 7-12 years	Adolescence 13-20 years
GROWTH	Very fast	Growth slowdown occurs, with a weight increase of 2 to 2.5 kg / year	Slow and stable growth	Notable body growth, 40-50% of the definite weight and 25% of the adult size is gained
ORGAN MATURATION	Nervous system mainly, digestive and excretory apparatus, and accordingly the nutrition should be the most appropriate for each age and stage of maturation. Dental development.	Increase in the size and development of lower extremities, increase in muscular mass and bone mineral deposit. Accomplishing of the dental eruption and maturation of the digestive and metabolic functions.	Increase in the bone development vs. the muscular one, start of the development and maturation of the cardio-respiratory system, with an increase in the sensitivity to temperature changes. Start of the tooth exfoliation and replacement.	Increase by 50% of the skeletal mass, doubling the muscular mass. Hormonal radical changes, with the development of secondary sexual characteristics. Changes in the composition of the tissues, in terms of fat and increase in blood volume and internal organs.
PSYCHOMOTOR	The child starts the stages of the control of head and neck, ability to sit and crawl, use of certain tools, first vocalisation and walking	Maturation of the fine and gross psychomotor skills, knowing how to use cutlery, fast language learning	Considerable increase in physical and intellectual activities, especially as an influence of technology. Logical thinking	Elevation of the muscle tone, physical endurance and motor abilities. Analytical and abstract thinking.
PSYCHO-SOCIAL	Development and differentiation of feelings, attachment to caretaker, start of social games and the process of memorisation	Increase in the social activity, autonomy and curiosity. Acquire habits and customs, developing preferences	Increase in the social exchange outside the family, with progressive maturity of the biopsychosocial area. Change of habits.	Sense of independence, concern for external appearance and cultural influences. Fluctuations in self-esteem interest due to the opinion of friends and acquaintances, tendency to adopt risk behaviours
NUTRITION	Breastfeeding exclusive, foods other than milk and modified foods of adults. The presence of various infections and diseases is common.	Reduction of the nutritional and appetite needs. Taking several meals per day, it is suggested to take food supplements.	The diet must be varied and adjusted to the caloric needs, the level of physical activity and the needs for the growth. Increasing intake of nutrient dense foods and food supplements.	The increase of the organ development and the psychosocial area make it necessary to adopt particular nutritional habits. The intake must be adjusted to the energy needs required for growth and activity. Food supplements are highly recommended.

Vitamins form a part of the essential nutrients. The vitamins are exogenously obtained, in addition to their presence in foods and food supplements. There are two different types: fat soluble and water-soluble vitamins. Vitamins are fundamental in the metabolic processes, since they fulfill a regulatory function in the supply of energy and construction of tissues and organs.



junior

provides the energy supply, organ protection and growth during periods of increased physical and intellectual activities, convalescences and nutritional deficiencies

MAIN BENEFITS

ROYAL JELLY CONTRIBUTES TO THE ENERGY SUPPLY DUE TO ITS HIGH NUTRITIONAL CONTENT

VITAMIN B COMPLEX ENHANCES THE DEVELOPMENT PROCESS AND MATURATION OF THE NERVOUS SYSTEM AND CONTRIBUTES TO THE OPTIMISATION OF THE IMMUNE SYSTEM

VITAMIN C AND E CONTRIBUTE TO THE PROTECTION DUE TO THEIR ANTIOXIDANT EFFECTS

THE COMBINATION OF VITAMIN A AND D FACILITATES THE EYESIGHT OPTIMISATION AND BONE MINERALISATION

junior SYRUP WITH VITAMINS and Royal Jelly

provides the **energy supply, organ protection and growth during periods of increased physical and intellectual activities, convalescences and nutritional deficiencies.**

Action of the ingredients:





PURE ROYAL JELLY


It is a substance with a high nutritional value, which contains a unique combination of water (60-70%), proteins (9-18%), carbohydrates (11-23%), lipids (3-8%), amino acids, vitamins and minerals. There are 29 amino acids present, of which 10 are essential for the human body: arginine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

Pure royal jelly contributes to the following physiological processes^{2,3,10,11,13,14,18,19}




Stimulates the thermogenesis, providing the energy necessary for the musculoskeletal development


Induces the production of red corpuscles, favouring the optimum oxygenation, especially with regarding to the growing tissues


Stimulates the neurogenesis, facilitating the development of the nervous system



VITAMIN B COMPLEX ^{1,2,16,18,20,21}

VITAMIN B6, B12 AND FOLIC ACID:

Contribute to the construction and maturation of the nervous system, modulating the synthesis of neurotransmitters.

Modulate the action of the immune system and increase the resistance to infections.



VITAMIN B1, B5 AND RIBOFLAVIN:

Facilitate the energy metabolic processes, essential for the organ and tissue growth.

Contribute to the proper functioning of the respiration, providing integrity and stability of the tissue of the skin, mucous membrane and eyes.



BIOTIN AND NIACIN:

Contribute to the development and maintenance of the cardiovascular system and participate in the processes of the muscular tissue.

Modulate and regulate the synthesis of the hormones, essential for the growth.



VITAMIN A, C, D AND E ^{5,6,7,8,9,15,16,18,20,21}

VITAMIN A AND D:

Facilitate the pigment synthesis and the proliferation of the cellular photoreceptors.

Contribute to the bone formation and mineralisation.

VITAMIN E AND C:

Act as antioxidants and stabilisers of the cellular membranes.

Facilitate the formation and maturation of the connective tissue (ligaments, skin).

VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE); VITAMIN B12 (CYANOCOBALAMIN, ORIGIN: FERMENTATION); FOLIC ACID (FOLIC ACID), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B5 (CALCIUM PANTOTHENATE), RIBOFLAVIN (RIBOFLAVIN HIGH FLOW, ORIGIN: FERMENTATION), BIOTIN (D-BIOTIN); NIACIN (NICOTINAMIDE); VITAMIN A (RETINYL ACETATE); VITAMIN D (CHOLECALCIFEROL, ORIGIN: ANIMAL, SHEEP WOOL GREASE); VITAMIN E (DL-ALPHA-TOCOPHEROL ACETATE); VITAMIN C (L-ASCORBIC ACID).



Forest fruit
flavour

Dosage:

Children 5 to 12 years: 5ml per day.

Adolescents and adults: 10ml per day.

Keep the bottle out of the reach of children.

Warning: In the case of individuals with special sensitivity to bee products, please consult a specialist.

JUNIOR / BOTTLE 125 and 250 ml		
ACTIVE INGREDIENTS	PER 10 ML	%NRV
Royal jelly	150 mg	•
Vitamin C	60 mg	75
Niacin	18 mg	112
Vitamin E	10 mg	83
Pantothenic acid	6 mg	100
Vitamin B6	2 mg	143
Riboflavin	1.6 mg	114
Thiamine	1.4 mg	127
Vitamin A	800 µg	100
Folic acid	200 µg	100
Biotin	150 µg	300
Vitamin D	5 µg	100
Vitamin B12	1 µg	40

%NRV (nutrient reference value)

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