

# e'Pap for High School Children



Being a high school-aged child means puberty is in full swing.

The growth, development and changes are exciting, but can also be somewhat challenging. e'Pap is available, with its' whole team of macro- and micronutrients, to lend support in this delicate life stage. It is a quick and easy solution to fill your teens' tanks before they start the day.

## Changes in the High School Child:

The best nutrition for High School Children will contribute to reaching their full adult potential as they mature and develop.



Teens' bodies reach full physical maturation which includes a different shape for male and female with muscle growth, fat depositions and some height gain. Regular menstruation appears in females.



Changes to the brain also causes changes in hormones making teens more emotional and more responsive to stress.



The changes and increase in hormones can cause acne in this period, which can lead to stress and self-doubt.



The brain continues to become more complex during puberty until late teens.

e'Pap contains nutrients that are in a special form to be easily seen, absorbed and used by the body. This means that teenagers get more from the nutrition available in e'Pap. The iron added to e'Pap, for example, has been proven to be the best form of iron to treat iron deficiency in children, including High School-aged children. Iron deficiency becomes a focus especially in menstruating girls. The other ready-to-use nutrients in e'Pap can also assist in ways shown below.

## Vitamins:

Vitamin A, Biotin, Zinc, Iodine support growth and development, especially during growth spurts in this phase.

## Psychological functioning support:

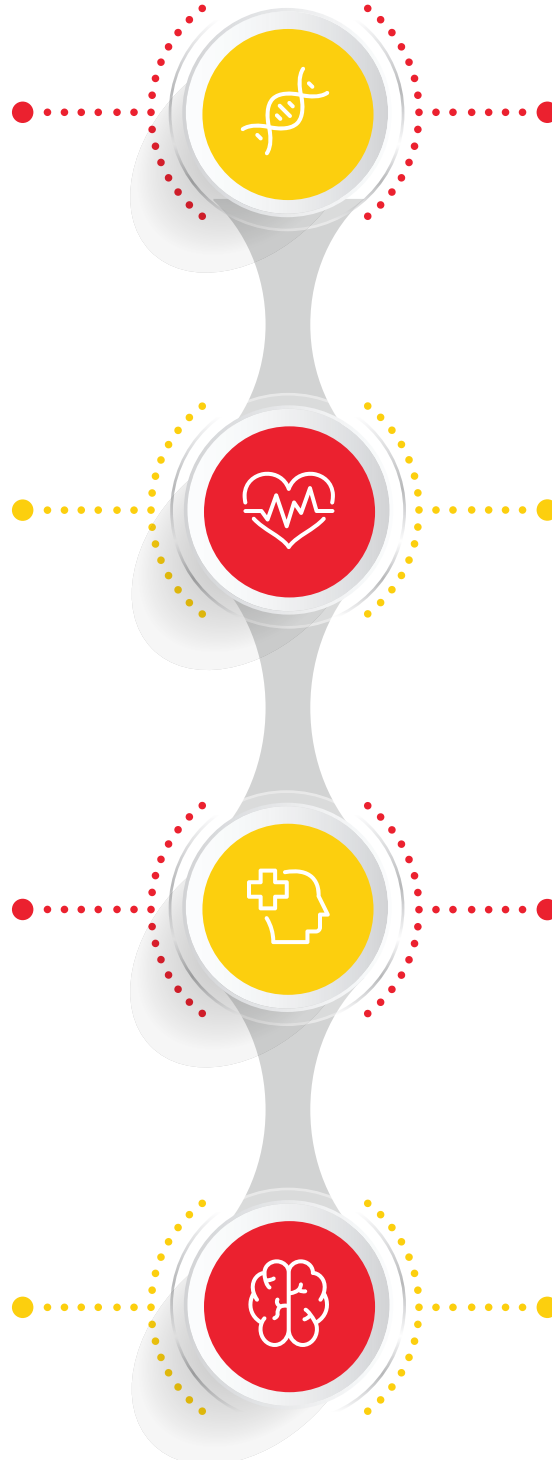
Emotional fluctuation and depression are often trademarks of the high-school phase. Niacin, Thiamine, Folate, Biotin, Vitamin B6, B12 and C is present for healthy psychological functioning support.

## Brain-to-body:

A healthy brain-to-body (neurological) system would assist with regulating peaking emotions. Thiamine, Riboflavin, Biotin, Niacin, Vitamin B12, C, Iodine and Copper support this system.

## Hormone support:

Hormone support is supplied by the combination of Selenium, Iodine, vitamin D6 and zinc to help the body adjust to efficient regulation of the surge of hormones.



## Skin maintenance:

For this acne-prone stage, Vitamin A, Riboflavin, Niacin, Biotin, Zinc, Copper and Iodine support skin maintenance.

## Menstruation:

Menstruation can deplete females from very important iron. e'Pap offer Riboflavin, Folate, Vitamin B6, B12, C and iron in a special form to support the blood system and restore iron levels.

## Fatigue support:

Teens often have full schedules with a lot of schoolwork and studies. For fatigue support Riboflavin, Niacin, Folate, Vitamin B6, B12, C and Iron are working as a team!

## Support learning:

Pantothenic acid, Iron, Zinc, and Iodine support mental and cognitive function to support learning.

1. Russo, G. et al., 2020. Monitoring oral iron therapy in children with iron deficiency anemia: an observational, prospective, multicenter study of AIEOP patients (Associazione Italiana Emato-Oncologia Pediatrica). ANN Hematol., 99(3), pp. 413-420.