

e'Pap for Students



'Young adults' (ages 19-30) are at their physical peak as the body has reached maturity and no longer spend energy on growth. This is also the time, for most young adults, where they are making food choices completely on their own. Habits formed in this stage is important for their health right now and in adult years to come. For students enrolled in tertiary education, food choices can have an impact on their academic outcomes as well.

Make the choice easy - e'Pap is a single meal packed with all the nutrition needed in a meal.

e'Pap directly addresses the reasons why students make bad food choices:

Lack of time to prepare healthy meals - e'Pap is quick and easy to prepare!

Lack of funds to buy healthy foods - e'Pap is affordable!

Lack of knowledge to maintain a healthy balanced diet - partner with us to inform and create solutions with our e'Products!

e'Pap

e'Pap can support you/ your child/ student group very specifically in the following ways:

Skin maintenance:

Balancing all the activities and expectations in student life can be stressful and can cause breakouts in students.

For normal skin maintenance e'Pap contributes Vitamin A, Riboflavin, Niacin, Biotin, Zinc, Copper, Iodine.

Neurological support:

A lot of new information is processed by the student: for nervous system and neurological support: Thiamine, Riboflavin, Biotin, Iodine, Niacin, Vitamin B12, vitamin C, Iodine and Copper is there to help!

Fatigue:

A busy social calendar, tasks, tests and often sports can all add to fatigue when alertness is needed. To give support in times of fatigue: Riboflavin, Niacin, Vitamin B6, B12 and C, Folate, and Iron.

Brain function:

To keep a student's brain alert and active Pantothenic acid, Iron, Zinc, and Iodine support mental and cognitive (brain) functioning.



Immune system:

Students' lifestyles are conducive to lower immune functioning with little sleep and often unbalanced food choices. To support a well-functioning immune system: Vitamins A, B6, B12, C, D and E, Folate, Iron, Zinc, Copper, and Selenium.

Blood glucose levels:

Poor food choices may lead to lifestyle disease later in life pertaining to cardiovascular or blood sugar complications. Thiamin, Vitamin E and Pantothenic acid support the heart and cardiovascular system, where chromium support blood glucose levels.

Psychological function:

All the stress from being a student can often induce depression. e'Pap support psychological functioning with: Niacin, Thiamin, Vitamins B6, B12 and C, Folate and Biotin.

e'Pap doesn't only conveniently contain all these necessary nutrients, but also in a form that the body can easily see, absorb, and use. This is what makes e'Pap different from other products! Research has shown that the copper used in e'Pap really imparts the benefits of copper functionality including bone formation, maintenance of normal connective tissue and cell protection from free radical damage in young adult women. This is what a student needs for the best start in adulthood! For the student who grew up in an environment where food choices lead to obesity, e'Pap can be one of the aids for better food choices and healing the effects of obesity. Vitamin D is often deficient in overweight individuals. The form of Magnesium used in e'Pap with vitamin D, has been shown to improve the levels of these micronutrients in overweight individuals. This can ease the burden of possible cardiovascular disease and high blood pressure.

1. DiSilvestro, R., Selsby, J. & Siefker, K., 2010. A pilot study of copper supplementation effects on plasma F2alpha isoprostanes and urinary collagen crosslinks in young adult women. *J Trace Elem Med Biol*, 24(3), pp.165-168.
2. Cheung, M. et al., 2022. The effect of combined magnesium and vitamin D supplementation on vitamin D status, systemic inflammation, and blood pressure: A randomized double-blinded controlled trial. *Nutrition*, 99-100(111674).