

e'Pap for children in Primary School



All the change and growth experienced by primary school-aged children mean that proper nutrition will mark their journey as thriving or surviving. e'Pap is ready to assist your primary school child, school group or support service or organistaion to thrive through this life stage. Focus on enough nutrition in these years is important for development, for taking advantage of this last major opportunity to correct disadvantages of undernutrition and “catch-up” to normal development.

The correct building blocks to support growth and change marked by this life-stage, are essential - take heart in a meal of e'Pap a day that can supply these building blocks.

Building blocks are needed for:



Continual growth.

Children in the primary school age group show slow but steady growth with periods of growth spurts. The brain is also changing and maturing as an essential foundation for learning in years to come.



Puberty.

The body's preparation for puberty starts as young as 8-9 years old as hormones are released for the first time to prepare the body for change to come in a few years.

e'Pap

e'Pap contains ingredients in a special form which can support children more effectively. These nutrients are in a special form that the body can easily see, absorb, and use. One example is the form of iron added in e'Pap. Studies have shown how it is more effective in treating iron deficiency than other forms of iron often used. Iron is one of the nutrients that are most often missing in children's diets. The form of zinc in e'Pap has also proven to be effective in helping treat illness such as diarrhoea and pneumonia in children.

1. Name, J., Vasconcelos, A. & Valzachi Rocha Maluf, M., 2018. Iron Bisglycinate Chelate and Polymaltose Iron for the Treatment of Iron Deficiency Anemia: A Pilot Randomized Trial. *Curr Pediatr Rev.*, 14(4), pp. 261-268.
2. El-Hawry, M., Abd Al-Salam, S. & Bahbah, W., 2021. Comparing oral iron bisglycinate chelate, lactoferrin, lactoferrin with iron and iron polymaltose complex in the treatment of children with iron deficiency anemia. *Clin Nutr ESPEN*, Volume 46, pp. 367-371.
3. 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.
4. Rerksuppaphol, L. & Rerksuppaphol, S., 2020. Efficacy of Adjunctive Zinc in Improving the Treatment Outcomes in Hospitalized Children with Pneumonia: A Randomized Controlled Trial. *J Trop Pediatr.*, 66(4), pp. 419-427.
5. Rerksuppaphol, L. & Rerksuppaphol, S., 2020. Efficacy of zinc supplementation in the management of acute diarrhoea: a randomised controlled trial. *Paediatr Int Child Health*, 40(2), pp. 105-110.

Growth and development:

Vitamin A, B2 and Zinc support growth and development. This helps for the growth spurt expected to start around 10 years of age.

Immune system:

To ensure children's learning is not disturbed by illness, immune system support is given by Vitamin A, B6, B12, C, D, E, Folate, Iron, Zinc, Copper and Selenium.

Regulating hormones:

The regulation of the high levels of hormones is supported by Selenium, Iodine, Vitamin D and Zinc.

Blood system support:

Riboflavin, Folate, Vitamin B6, B12, C and Iron support the blood system. Iron is especially helpful with most females starting menstruation in their primary school years.

Skin maintenance:

For skin maintenance, Vitamin A, Riboflavin, Niacin, Biotin, Zinc, Copper, Iodine is there to assist! Especially with the start of pimples that comes with the beginning of puberty.

Supports growth:

High Protein and Vitamin D support growing and strengthening muscles and body tissue.

Brain development:

To support the complex development of the brain, Pantothenic Acid, Iron, Zinc and Iodine is present at high levels. Concentration, memory and attention span improve in this period with the correct support and conditions.

Support healthy bones:

Bones are the first to grow during a growth spurt. To support healthy bones, Vitamin D, C, Zinc, Manganese and Copper is available.



More than all these benefits, e'Pap is easy to prepare – just mix with water or milk. A child can safely prepare this meal for themselves, and it is easy to apply in bulk-feeding settings for schools. The affordability of this nutrient-packed meal is the nutrition solution you need!