

e'Pap for the Elderly



As an older adult, you want to eat food that is packed with nutrition - the same nutritional targets as a young adult need to be met with slightly less food per day. The reason for this is because older adults need less calories due to less physical activity and slower metabolism.

Ways e'Pap uniquely support the elderly:



Nutrient dense.



Easy to prep.



Easy to swallow.



Food safe.

**Older adults may even need more nutrients due to loss of bone or muscle mass.
e'Pap is jam-packed with the below nutrients to aid the elderly in aging gently:**

Immune system:

Vitamins A, B6, B12, C, D and E, Folate, Iron, Zinc, Copper, and Selenium for Immune system support - to help fight infection and delay the decline in immune function.

Supports psychological functioning:

Niacin, Thiamin, Vitamins B6, B12 and C, Folate, and Biotin support psychological functioning. This is especially important at a life stage where deteriorating physical health and social isolation of elderly often cause depression.

Heart and cardiovascular support:

Thiamin, Vitamin E and Pantothenic acid.

Joint support:

Vitamin C, Manganese and Copper support connective tissue and joints which are often areas where deterioration is experienced first.

Bone support:

Vitamin D and C, Zinc, Manganese and Copper.

Prevents low Vitamin D:

Low vitamin D levels have been associated with risks of falls, osteoporosis, fractures, cardiovascular diseases, metabolic disorders, cancers, and poorer cognitive function - e'Pap is high in vitamin D!

Vision support:

Vitamins A, and B2 and Zinc for vision support for deteriorating eyes.

Nervous system:

Thiamine, Riboflavin, Biotin, Iodine, Niacin, Vitamins B12 and C, Iodine and Copper to support the nervous system in helping the body function properly.

Mental and brain support:

Pantothenic acid, Iron, Zinc, and Iodine support mental and brain functioning to help keep the brain sharp.

Muscle loss:

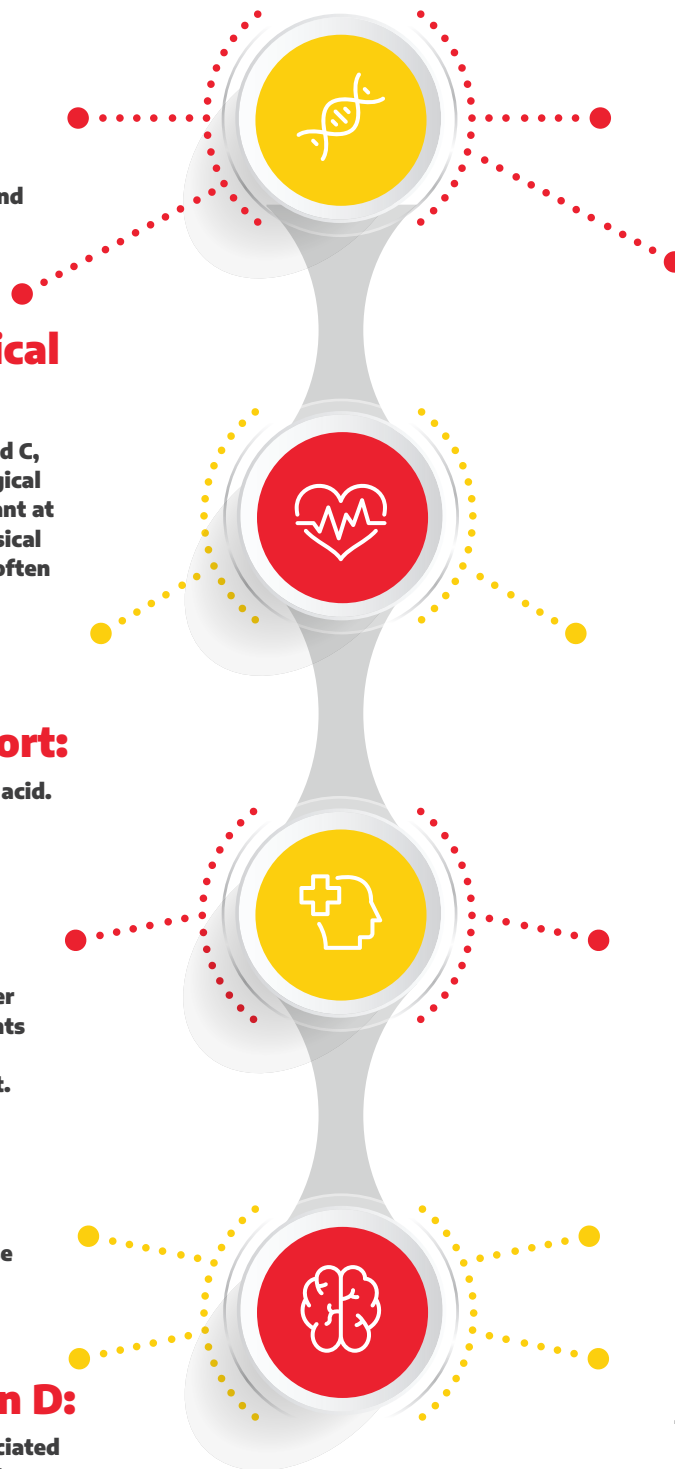
Vitamin D, and "High in" Protein support muscle and help work against the loss of muscle mass.

Wound healing:

Zinc also supports wound healing.

Vitamin B12 boost:

The ability to absorb vitamin B12 can decrease with age and with the use of certain medicines - e'Pap is High in vitamin B12 to offer more opportunity for absorption.



e'Pap is not only rich in nutrients, but the nutrients have been picked to be easily absorbed and used by the body. The combination of nutrients so needed by our precious older generation, have been combined in a meal that is suitable for those with compromised teeth and chewing difficulties. Research has also shown how e'Pap can be easily prepared with the right flow properties to support those with swallowing difficulties.

1. Davidson, I. & Fyfe, L., 2016. A Randomised Double Blind Placebo Controlled Trial of a Nucleotide-Containing Supplement NuCell® on Symptoms of Participants with the Common Cold - A Pilot Study®. EC Nutrition, 4(1), pp. 804-811.