

SUPER SMOOTHIE - FAST FACTS

Super Smoothie – Complete Nutritional Support for Growing Kids

Super Smoothie is a delicious, all-in-one daily nutrition drink for children, formulated to support **healthy growth, brain development, strong bones, immune function, and digestive wellness**. With a blend of high-quality proteins, essential vitamins and minerals, and gut-supportive fibers, this formula is perfect for active kids, picky eaters, or as a nutritious breakfast or school-time booster.

What Super Smoothie Does for Health

Area of Support	Key Benefits
Growth & Development	Protein and calcium support tissue repair, muscle, and bone growth.
Brain & Focus	B-vitamins and essential minerals contribute to cognitive function and mood.
Immune Health	Vitamins A, C, D, and zinc help strengthen the immune system.
Energy & Vitality	Slow-digesting carbs and full-spectrum micronutrients provide sustained energy.
Digestive Comfort	Inulin, vegetable fibre, and gut-friendly gums promote smooth digestion.
Complete Daily Nutrition	Covers multiple daily nutritional needs in a single, tasty shake.

Ingredient Contribution to Product Efficacy

Proteins & Macronutrients

- **Soy Protein** – A high-quality plant protein rich in essential amino acids; supports muscle and tissue development.
- **Whey Protein** – Fast-digesting complete protein ideal for recovery and immune support.
- **Full Cream Milk Powder** – Provides additional protein, calcium, and healthy fats for **energy and bone health**.

- **Malt** – A gentle source of carbohydrates to provide quick energy and improve taste naturally.
- **Rice Starch** – Offers smooth texture and slow-releasing energy to help keep kids full and fuelled longer.

Fibres & Digestive Aids

- **Vegetable Fibre** – Supports **regular bowel movements**, gut motility, and satiety.
- **Inulin** – A prebiotic fibre that helps feed healthy gut bacteria and improves mineral absorption.
- **Guar Gum & Xanthan Gum** – Soluble fibres that improve **gut health, texture, and satiety**.

Electrolytes & Minerals

- **Calcium Lactate** – Highly bioavailable calcium for **bone development, teeth, and muscle contraction**.
- **Potassium Chloride** – Supports **hydration, nerve function, and muscle balance**.
- **Sodium Chloride** – Essential for maintaining **fluid balance** and supporting **nutrient transport**.

Vitamin & Mineral Premix

Includes:

- **Vitamin A** – Supports eye health, skin, and immune defense.
- **Vitamin B1 (Thiamin)** – Helps convert food into energy and supports nervous system development.
- **Vitamin B2 (Riboflavin)** – Assists with energy metabolism and red blood cell formation.
- **Vitamin B3 (Niacin)** – Supports cognitive function, mood, and energy production.
- **Vitamin B5 (Pantothenic Acid)** – Helps build neurotransmitters and hormones.
- **Vitamin B6 (Pyridoxine)** – Aids in brain development and mood regulation.
- **Vitamin B9 (Folic Acid)** – Critical for DNA synthesis and healthy brain and spinal cord development.

- **Vitamin B12 (Cobalamin)** – Essential for red blood cells, energy, and nerve function.
- **Vitamin C** – Antioxidant that supports the immune system and tissue repair.
- **Vitamin D** – Promotes strong bones and regulates calcium absorption.
- **Vitamin E** – Protects cells from oxidative stress.
- **Biotin** – Helps metabolize fats and carbohydrates; supports skin and hair health.

Immune & Hormonal Trace Minerals

- **Zinc Citrate** – Essential for immune strength, wound healing, and enzymatic reactions.
- **Selenium** – Supports thyroid function and antioxidant protection.
- **Iodine** – Required for **thyroid hormone production**, metabolism, and brain development.

Flavour & Sweeteners

- **Flavour** – Kid-friendly natural flavouring makes the smoothie enjoyable daily.
- **Stevia** – A natural sweetener with no effect on blood sugar, making the formula safe and palatable.

Summary of Benefits

Super Smoothie is ideal for:

- Supporting **active, growing children**
- Supplementing **nutritional gaps** in picky eaters
- Boosting **immune and digestive health**
- Enhancing **focus, brain development, and daily energy**
- Providing a **balanced, complete breakfast or snack**