



## BIG FRIENDS

Superior nutritional insurance for your kids

In a perfect world, we wouldn't concern ourselves with pollution, stress at school, skipped meals, and our kids' fascination with sugar and fat-loaded junk food. But we don't live in a perfect world and there are lots of factors that compromise our children's nutrition and affect their health.

We want our children to grow strong, with energy, good digestion, and immune systems able to withstand all those nasty germs. And there is enough evidence that good nutrition promotes better learning and retention.

Even if our children eat a variety of wholesome foods and we watch their sugar and fat intake, do they get enough nutrients to build healthy bones, reduce the risk of infection and counteract their whimsical appetites?

A high quality vitamin supplement may reduce the worry. However, it is easy to get inexpensive, brightly-coloured, sugar-loaded vitamins at any drugstore. But why would we give our children something we would not take ourselves? Quality vitamins may cost a bit more but they do not contain artificial colours, flavours and preservatives. The sweetener should be natural as well.

### COMPREHENSIVE INSURANCE

Big Friends Children's Chewable Multivitamins meet the criteria for a high quality children's vitamin. Dinosaur-shaped Big Friends look fun and taste good. They contain no artificial sweeteners but are made with a patented natural fruit sweetener called Fruitsource™, (an all-natural combination of grape juice concentrate and rice syrup) giving parents an alternative to white sugar and artificial sweeteners.

Although vitamins should be appealing, they should not be taken indiscriminately. Each child-proof bottle of Big Friends is clearly labelled. Each Big Friend Children's Chewable Multivitamin is hypo-allergenic containing no artificial colours, preservatives, dairy, starch, wheat or yeast. However, it does contain a complete range of vitamins and important minerals such as zinc, iron, magnesium, and potassium.

We are not looking for nutritional shortcuts. Vitamins should supplement, and not be a substitute for a healthy diet. But in our not-so-perfect world, high quality multivitamins like Big Friends Children's Chewable Multivitamins are good nutritional insurance.

### WHAT OTHER PRODUCTS CAN ENSURE GOOD HEALTH?

Besides Big Friends Children's Chewable Multivitamins, there are other excellent products that can help to keep your child healthy throughout the school year. Vitamin C is an important antioxidant and is helpful for immune support, strong bones and teeth and can help your child's system cope with stress. Natural Vitamin 100% Natural Fruit Chew C contains a lower dose of vitamin C and comes in a variety of delicious natural flavours.

### ENSURING GOOD DIGESTION

Do not forget acidophilus for enhanced digestive health and immune support. Natural Factors Children's Multi Probiotic Powder (flavoured with real strawberry) is a comprehensive probiotic formula. Each dose contains 3 billion active cells. High quality probiotics aid diarrhea or constipation, are protective against food-borne pathogens, and helpful for children with lactose intolerance or dairy allergies.

### HELP THEM AT SCHOOL

Learning Factors is a designer blend of essential fatty acids and antioxidants to help promote optimal brain and visual performance. The essential fatty acids in Learning Factors may supply a missing component in the diet of children with learning and behaviour problems, helping both parents and children to enjoy a better quality of life. Older children and even adults can benefit from Learning Factors each day, to be taken with meals. This provides a high quality source of essential fatty acids that is safe for long-term use.

These natural, effective products can help you fortify your child's health throughout the school year. Ensure your child's health with superior products from Natural Factors, a company that has been helping Canadians for over 40 years.

