



## Symptoms of Nutrient Deficiencies

Healthy fats, protein, vitamins and minerals are all essential for a child's growing brain and body. Too little of any of these nutrients can lead to a whole host of health and behaviour problems, including:

<b>Nutrient</b>	<b>Symptoms of Deficiency</b>
<b>Beta Carotene</b>	Beta carotene transforms into vitamin A in the body. Increased infections, exercise-induced asthma, psoriasis, eczema, visual problems, dry eyes, night blindness.
<b>Vitamin C</b>	Rough, dry skin on arms (keratosis), slow wound healing, poor immunity, protection from neurotoxins. Humans cannot get enough vitamin C from food alone. A vitamin C deficiency has profound implications for mental wellness.
<b>Vitamin D</b>	Increased bone loss and fractures, rickets, poor immunity, multiple sclerosis, type 1 diabetes, wheezing, fatigue, certain types of cancer. One third of toddlers are deficient in vitamin D3.
<b>Vitamin K</b>	Bruise easily, wounds that bleed excessively, poor bone health. Vitamin K2 is needed for growth and development, to keep calcium in bones and for heart health.
<b>Iron</b>	Dark under eye circles, slow growth, attention and learning difficulties, tantrums, poor immunity, motor function, sleep problems, ADHD. Iron is essential for growth, development, emotional and cognitive status of young children.
<b>Vitamin B12</b>	Tingling in the hands and limbs, weakness, delayed physical and mental development, irritability, neurological problems, seizures, lack of appetite.
<b>Calcium</b>	Rickets, muscle cramps, poor bone and dental development, brittle nails, stunted growth, confusion, seizures.
<b>Magnesium</b>	Constipation, difficulty sleeping, hyperactivity, anxiety, ADHD, muscle cramps or twitching. Magnesium is the most crucial nutrient for brain performance including IQ. Needed for serotonin, GABA and dopamine function. Over 40 percent of children are deficient.
<b>Vitamin B6</b>	Increased colds and flu, low hemoglobin, behavioural problems, intelligence, ADHD. Vitamin B6 reduces hyperactivity, normalizes happy hormones, improves behaviour and is essential for cognition.
<b>Zinc</b>	Loss of appetite, stunted growth, poor immune function, poor wound healing and behavioural problems. Zinc deficiency is the most recognized deficiency linked to inattention and ADHD in children. It is critical in regulating serotonin (happy and sleep hormones).

If picky eating is an ongoing issue, a good quality multivitamin with minerals or an all-in-one kid's formulated protein powder can put your mind to rest. An example of a clean multivitamin is our KidStar™ StarMulti™. Our chewable multivitamin StarMulti™ uses the most bioavailable form of nutrients ensuring proper absorption. StarMulti™ is coloured with spirulina, flavoured with natural berry flavour, sweetened with xylitol (which has been shown to remineralize dental cavities), and is free from unnecessary fillers.