

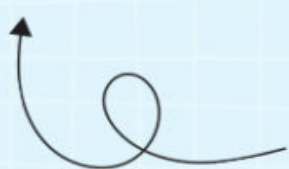
What To Look For In HEALTH DRINKS For Kids?



Ingredients and their functions

PROBIOTICS –

Supports immunity, reduces the rate of infection, good for gut health



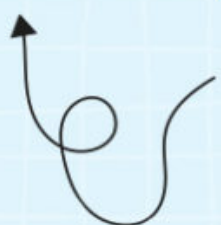
IRON, CHOLINE, DHA, IODINE, AND FOLIC ACID –

Improved brain functioning and reduced risk of neurological disorders.



ZINC, SELENIUM, AND VITAMINS A, E, C, AND D –

A strong immune system and improved metabolism.



What should a child's health drink not contain?

According to the US Beverage Guidance Panel, kids should avoid beverages that have:



High amounts of sugar



High-fructose corn syrup



Other high-calorie sweeteners

Children should also avoid caffeine, as it can increase anxiety, risk of heart problems, and sleep disturbances.



REFERENCES:

1. Nutrients for bone health; American Bone Health
2. Feeding Your Brain. Brain Food; Maricopa
3. Nutrition and Immunity; Harvard University
4. Healthy Beverage Guidelines; Harvard University
5. Is coffee bad for kids?; Johns Hopkins