

Young children's mental acuity, immunity, and linear growth rates improved when taking zinc along with iron, vitamins A, D, and B-complex



Kids Growth and Development Improve with Zinc

and other nutritional supplements

By Morning: Spirit: Wolf-D.R.M.

Children in a clinical study conducted in regions known to have moderate malnutrition (i.e. inner cities, impoverished areas) were given supplements of zinc, iron, vitamins A, D, and B-complex with rather astonishing results. As reported by the *Journal of Preventive Medicine* in March 2014, those children who took zinc and the co-factors for its absorption grew taller faster, without extra weight gain and experienced more stable energy, and increased focus and concentration.

Half of the children studied received 5 mg of zinc daily for 3 months, and all of those on zinc grew about one-fifth of an inch more than those not supplemented with zinc. Both groups gained the same amount of weight at the same rate, conclusively showing the advantage of zinc in physical growth and other important developmental factors.



Why Zinc is Missing and Where to Get It

With the advent of nutrient depleted soil, and the foods that grow in them, many children do not get enough nutrition to grow and develop properly. Supplementing with *Peak Frequency® Plant Therapy's Chard-Zinc*, the good tasting, non-nauseating whole plant liquid extract, will deliver all the co-factors for easy digestion and use. Zinc is the mineral for kidney function, which governs electrolyte balance, blood purity, and total immune support. Providing usable zinc insures proper growth, mental acuity, energy potential without surges or drop-outs, and decreases the risk of chronic infections.

Adding *B-complex*, *Yam A plus D*, and *Nettles-Iron & Calcium* will provide many other missing nutrients that ensure your child's growing needs for health, immunity, mental development, and stable energy. Consider trying 10-20 drops each for kids under the age of seven, and 20-30 drops twice daily for older kids. If energy, growth, stress, or low immunity is critical, try B-Complex is dosages of 40-60 drops (or more) 2-3 times daily.

