

HALYKOO®

NUTRA Multivitamin chocolate drops

Here's how we can help you!

School, sports, after-school clubs... There is no doubt that your child's day is becoming increasingly full and tiring. Add a change of seasons into the mix, and it's easy to understand how it can be hard to hold fatigue, loss of appetite and lack of energy (known as asthenia) at bay.



We're Halykoo Multivitamin Chocolate Drops and we contain vitamins which help your child's immune system to function normally, to reduce tiredness and fatigue and to maintain a normal energy metabolism.

Before you use us, let us explain what we're made of...



We're a food supplement in the form of chocolate drops, made up of vitamins, Echinacea, elderberry and red oranges grown by certified organic farmers, and covered with a crunchy layer of dark chocolate. Every ingredient has a specific job to do: Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B6 and Vitamin B12 help your child's energy metabolism, while folic acid aids in fending off tiredness and fatigue.

Moreover the elderberry extract, along with the Echinacea, helps strengthen the body's natural defences.

We also contain extract of organic red oranges, grown on the foothills of Mount Etna in Sicily.

...the best place to store us...

Store us in a cool, dry cupboard, away from light, heat and sunlight, and out of the reach of children under the age of 3. Avoid contact with water.

...what you should check before using us!

Best before end date is only valid if we've been stored correctly, in our original packaging. Do not use us after our best before end, or if our packaging is not intact.



Here's how to get the best out of us!

If your child is aged between 4 and 6, one tablet is enough. Two tablets will do between the ages of 7 and 10. Do not exceed the suggested amount. You can use us in the autumn, when children go

back to school, and in the spring. These are the times of the year when the help we give is most beneficial. Our beneficial effects are always subject to a healthy diet.

...lastly, just a few things to be aware of...!

Do not use us if your child is under 4 years of age. We do not contain artificial sweeteners, preservatives or colouring. We contain soya and milk derivatives, so do not use us if your child has allergies or intolerance to these ingredients. Remember that food supplements like us are not a substitute for a varied, balanced diet and a healthy lifestyle. Please keep this illustrated leaflet for future reference.

NUTRITIONAL INFORMATION

Substances with nutritional or physiological effect	Average contents per tablet	% NRVs*
Echinacea (dried extract)	50 mg	
Elderberry (dried extract)	40 mg	
Organic red oranges (dried extract)	33,5 mg	
Vitamin B6	0,9 mg	64
Vitamin B2 (Riboflavin)	0,65 mg	46
Vitamin B1 (Thiamine)	0,45 mg	41
Vitamin B12	0,7 µg	28
Folic acid	75 µg	37,5

* Daily Nutrient Reference Values of Vitamins and Minerals according to Reg. (EU) n° 1169/2011

INGREDIENTS: CHOCOLATE COATING (SUGAR, COCOA PASTE, COCOA BUTTER, EMULSIFIER: SOYA LECITHIN, FLAVOURING); CHOCOLATE CHIPS (SUGAR, COCOA PASTE, COCOA POWDER, ANHYDROUS MILK FAT, EMULSIFIER: SOYA LECITHIN, FLAVOURING); POWDERED COCOA (CONTENTS: POTASSIUM CARBONATE, VANILLIN); DEHYDRATED GLUCOSE SYRUP; SUGAR; DRIED EXTRACT OF ECHINACEA (ECHINACEA ANGUSTIFOLIA DC, RADIX); DRIED EXTRACT OF ELDERBERRY (SAMBUCUS NIGRA L, FRUCTUS); DRIED EXTRACT OF ORGANIC RED ORANGES (CITRUS SINENSIS L., VAR. DULCIS FRUIT AND PEEL EXTRACT); ANTI-CAKING AGENTS: MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE; BINDING AGENTS: GUM ARABIC AND GLUCOSE; VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE); VITAMIN B2 (RIBOFLAVIN); VITAMIN B1 (THIAMINE MONONITRATE); VITAMIN B12 (CYANOCOBALAMIN); FLAVOURING; FOLIC ACID.

POWERED BY
APRLAB
APPLIED PHARMA RESEARCH
SWITZERLAND



www.halykoo.com



Research with babies in mind.

Solutions designed specifically to share the journey with you and your child through each stage of his or her development. Because the best way to help them thrive is to keep it simple, use common sense, and also take a few precautions.

Looking after children isn't just about nursing them. It also means understanding their needs, listening to what's important to their parents, and following the advice of paediatricians, as well as providing solutions that put their well-being and their parents' peace of mind first. It means researching a myriad of ingredients to find the ones that are best-suited to their health needs and to ensure that treatment is a pleasant experience for them. It also means choosing solutions that are specifically designed for each phase of their development. Because seeing smiles on the faces of children, and on those of the people who care for them as they grow, are the best possible reward for Halykoo.



0+ months



6+ months



2+ years



5+ years

DERMA

Skin is our first point of contact with the world around us. In the first 12-14 months of your child's life, their skin is about half the thickness of yours, so great care needs to be taken to protect it. Halykoo's Derma line is the first range of products designed to care effectively for all the needs of your child's skin. Redness, inflammation, chapping, insect bites and small injuries can be causes of concern on a daily basis, and Halykoo Derma has the answer to all of them.

SENSIA

Drinking from a used glass, rubbing dirty hands in their eyes or putting a leaf from the park in their mouth: these are just a few of the things that children do without giving it a moment's thought. A child's immune system is still developing, so the result can be a mouth or eye infection. Whether it's mouth ulcers, oral thrush or conjunctivitis, Halykoo's Sensia range of specifically designed products has the solution.

AERA

There are a variety of viruses that can cause the common cold. And wind, cold weather or badly-ventilated and overheated rooms can irritate the throat. And as the nose and mouth can't be covered up, they're always vulnerable to external threats. Halykoo's Aera range of products have been specifically created to deal with the effects of respiratory infections, helping to fight off sore throats, coughs, cold and fever.

NUTRA

School, sports, extra-curricular activities - children have increasingly busy days, and the change of seasons can also mean tiredness and loss of appetite. Children are also susceptible to stomach flu caused by viruses, bacteria and parasites. Halykoo's Nutra food supplements, including probiotic products, can help your child make the most of their energy, and ensure that the intestinal flora in their stomach is restored.

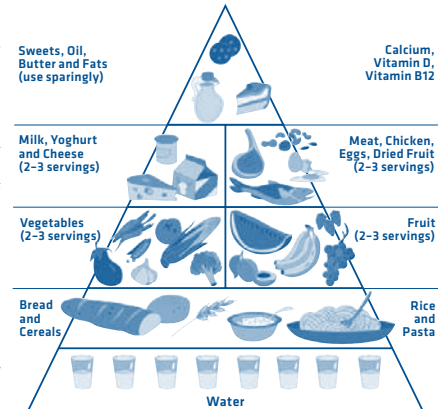


NUTRA

Eating habits

Nowadays, life in the city keeps getting busier and busier, so family mealtimes can become a hurried affair. Sometimes, it's just easier to heat up a ready meal without checking the ingredients properly, or choose something pre-packaged for an after-school snack rather than a piece of fruit. We eat too many unhealthy things, such as animal protein and pre-prepared sauces, instead of fresh vegetables and pulses. It's easy to fall back on these options as a last resort, but they can lead to poor eating habits. A good rule of thumb (for mums and dads too!) is to always make sure you're cooking with a wide variety of fresh ingredients - ideally ones that are in season too.

A balanced diet



Fill up for energy, but not too much!

Feeding your child too much is simply counterproductive - your child is like a finely-tuned machine which is perfectly capable of maximising the chemical energy produced by the food you make for them every day. After all, a three year old only needs 1,400 calories a day. And at four years of age, a child needs 1,500 calories, 1,700 when they turn five, and 1,800 calories at six to seven years old. Your child will only need 2,000 calories a day once they've reached eight or nine years. It's more important to give your child a varied diet of fresh and simply prepared foods rather than lots of elaborately prepared meals.

Lacking in energy?

Some children don't take the change of seasons very well, and some might need a food supplement if they're very active. Your child's biorhythms are quite sensitive, and all it can take is a small change in temperature, habit or schedule for them to lose their appetite or energy. First of all, don't worry. It's quite normal and just a passing phase - there's no point forcing your child to eat. At the same time, it's really important to help your child learn to enjoy eating, and not feel like they are being made to, so you could choose recipes and cook them together. Or maybe write a list together of the family's favourite dishes on a card and hang it in the kitchen, updating it when the seasons change. Good eating habits are learned

when you're young, around the dinner table with mum and dad, and your brothers and sisters.

Behaviour and self-confidence

When it comes to getting their own way with poor mum and dad, food is the easiest bargaining chip a child can use - without being aware of it, of course! After-school snacks, crisps and other treats are always popular a welcome reward, but it's important not to let children become dependent on refined sugars, which might taste good, but don't keep them full for long. Not to mention the fact that they are bad for them. At the same time, you shouldn't worry too much about a child who doesn't want to eat occasionally, but you should monitor the situation if it continues for any length of time. Rather than giving in to temper tantrums, it would be better to wait until your child gets their normal appetite back, maybe adding to their diet with a food supplement. Let's lead by example, and teach our children a healthy way of eating, and limit activities that could make them feel stressed or lacking in self confidence. And let's encourage them to join in the fun and move around more, because we all know that the best food supplements of all are playing in the playground with their friends, or taking a lovely walk in the woods with mum and dad.