

HALYKOO®

NUTRA Smart Brain gel drink

Here's how I can help you!

Classwork, tests, after-school courses – there are so many school activities for children these days that it's intense all the time, and it's hard for them to keep up the levels of concentration they need to do well. So it's at moments like these that a little help can come in handy! That's why I'm here – Smart Brain Gel Drink from Halykoo.

My ingredients' role is to support children's mental function, helping their concentration and memory.

Before you use me, let me explain what I'm made of...

I'm a B vitamin food supplement with zinc and organic extract of Eleutherococcus, and my formulation has been developed to have 3 beneficial effects. Vitamins B6 and B12 support a healthy energy metabolism, while vitamins B2 and B3 contribute to the normal functioning of the nervous system and help to reduce tiredness and fatigue.

And then there are zinc and Eleutherococcus, a small shrub also known as Siberian ginseng, noted for its invigorating properties. These help you child's cognitive functions, supporting memory and concentration. Oh, I almost forgot! My peach flavour is made especially for your child to enjoy.



...the best place to store me...

Store me in a cool, dry place, away from light, heat and direct sunlight. Keep me away from children under the age of 3 and avoid all contact with water.

...what you should check before using me!

My best before end is only valid as long as I've been stored correctly in my original packaging. Don't use me after the best before end or if my box is damaged.

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

If your child is old enough to go to school i.e. older than 6, you can give him 1 of my stick packs every day, but no more than that! There's no need to give him more than necessary. You can use me all year round, especially for those moments



when your child is going through a lot of physical and mental stress, like when they are dealing with schoolwork or worrying about getting their school report. And remember that I always work better in conjunction with a balanced diet.

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

Don't use me if your child is under 6 years of age.

I do not contain lactose, gluten, colouring or artificial sweeteners, but I do contain fructose.

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

Nutritional and physiological substances	Average content per daily dose (10ml)	%NRVs*
Vitamin B2 (Riboflavin)	1,00 mg	71
Vitamin B6	0,90 mg	64
Vitamin B12	1,60 µg	64
Vitamin B3 (Niacin)	11,00 mg	68
Zinc	8,00 mg	80
Choline	100,00 mg	-
DL-Phosphoserine	100,00 mg	-
Eleutherococcus (dried extract)	100,00 mg	-

*Daily Nutrient Reference Values of vitamins and minerals according to Reg. (EU) No. 1169/2011.

INGREDIENTS: WATER, FRUCTOSE, CHOLINE BITARTRATE, DL-PHOSPHOSERINE, DRIED EXTRACT OF ELEUTHEROCOCCUS ROOT (ELEUTHEROCOCCUS SENTICOSUS MAXIM.RADIX, MALTO-DEXTRIN), ZINC GLUCONATE, FLAVOURING, THICKENER: XANTHAN GUM; PRESERVATIVE: POTASSIUM SORBATE; NIACIN (NICOTINAMIDE), VITAMIN B12 (CYANOCOBALAMIN, MANNITOL), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN).

www.halykoo.com

**NO LACTOSE
NO GLUTEN
NO COLOURING
NO ARTIFICIAL SWEETENERS**



POWERED BY
APRLAB
APPLIED PHARMA RESEARCH
SWITZERLAND

6+
years



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.



DERMA

Skincare 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 over-heated 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, city life keeps getting busier and busier, so family mealtimes can become hurried affairs. 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.

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 maximizing the chemical energy produced by the food you make for them every day. After all, a 3 year old only needs 1400 calories a day. And at 4 years of age, a child needs 1,500 calories, 1,700 when they turn 5, and 1,800 calories at 6 to 7 years old. Your child will only need 2,000 calories a day once they've reached 8 or 9 years. Variety, simplicity and freshness are the key values to follow, rather than going for quantity and complicated cooking.

Concentration

We all know how difficult it is to concentrate 100% and be able to turn everything off and stay focused on just one thing, so imagine

how hard it must be for your child when they are so busy using all their energy for a million different activities and learning to deal with their very first stressful moments!

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 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 nutritional 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 nutritional supplements of all are playing in the playground with their friends, or taking a lovely walk in the woods with mum and dad.

