

Grow tall and strong with plant protein

GOOD nutrition, including adequate protein, plays a crucial role in both physical and mental health.

Due to the demands of growth and development, obtaining adequate high-quality protein is particularly important during childhood⁽¹⁾.

Protein is made up of building blocks called amino acids.

Complete protein provides all 20 different amino acids, but nine essential amino acids must be consumed from the diet because the body is unable to produce them.

Histidine, leucine and lysine are the three specific, essential amino acids required for the production of growth hormone and strong bones for children.

A deficiency in any one of these essential amino acids may have a negative impact on height growth and development.

Calcium, magnesium and vitamin D3 – optimise bone growth throughout life.

Bone mass develops significantly during childhood and teenage years.

Therefore, the body's demand for bone health-enhancing nutrients such as calcium, magnesium and vitamin D3 are particularly high during this stage of rapid bone growth.

The Malaysian Health Ministry recognises calcium and magnesium as minerals essential for maintaining healthy bones and teeth,

while vitamin D3 helps the body utilise calcium more efficiently.

However, the Nutrition Survey of Malaysian Children (Seanuts) discovered that almost half of the children in the study were vitamin D-deficient⁽²⁾.

A lack of exposure to sunlight and poor diet were identified as some of the possible causes.

Vitamin D deficiency has been associated with rickets, a disease in which the bone tissue does not properly mineralise, leading to soft bones and skeletal deformities⁽³⁾.

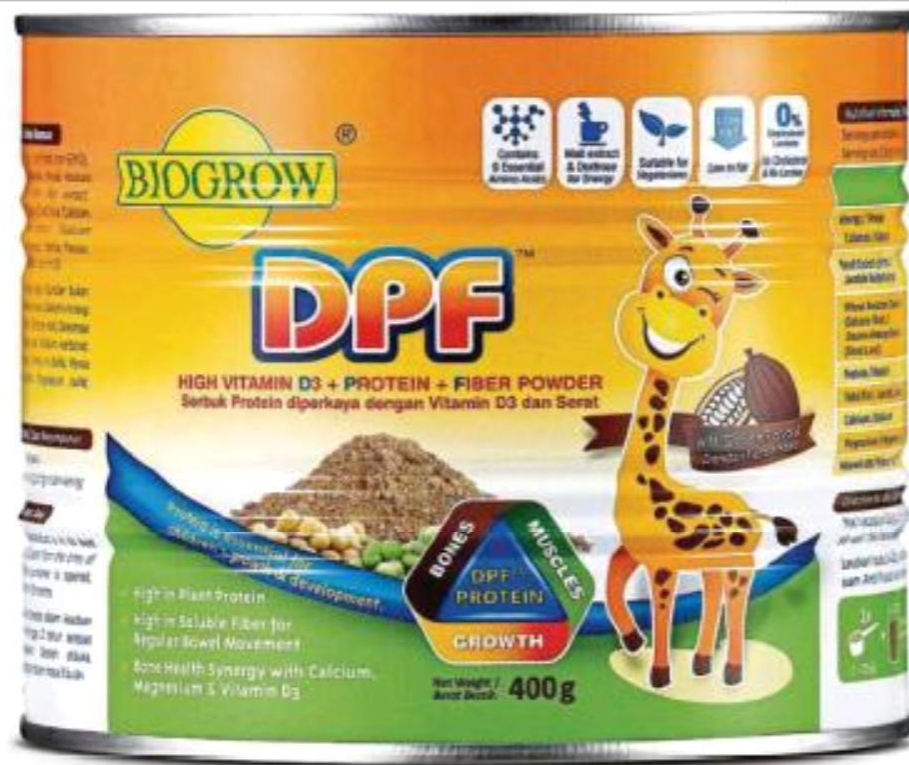
Compared with taking calcium supplements alone, a combination of calcium and protein with vitamin D3 and magnesium would produce higher bone density and structure for optimal growth⁽⁴⁾.

Known as the "Dynamic Trio", calcium, magnesium and vitamin D3 work synergistically to support bone health.

Biogrow DPF – Your kids' growing companion

Biogrow DPF High Vitamin D3 + Protein + Fiber Powder with cocoa flavour is specially formulated with plant protein, fibre and essential minerals, which are beneficial to the bones and overall digestion.

One scoop (about 25g) of Biogrow DPF



Biogrow DPF High Vitamin D3 + Protein + Fiber Powder with cocoa flavour is specially formulated to meet the nutritional needs and dietary requirement of growing children.

powder is recommended daily to provide:

- Over 27% of plant protein (from non-GMO soy and pea), complete with 20 plus nine essential amino acids.
 - High in calcium, magnesium and vitamin D3 for bone health
 - High in soluble fibre for regular bowel movement
 - Dextrose and malt extract as sources of instant energy for active children and adults
- Biogrow DPF is dairy-free, lactose-free and is suitable for people of all ages, including vegetarians and adults leading active lifestyles.

Mix one scoop into 150ml to 200ml of cold or warm water for a delicious high plant protein nutrition beverage.

References

- ⁽¹⁾ Meltzer et al., 2005, The Complete Book of Sports Nutrition: A Practical Guide to Eating for Sport, New Holland Publisher, 35.
- ⁽²⁾ Poh et al., Br Jr Nutr, 2013
- ⁽³⁾ WebMD.com, Vitamin D Deficiency, <http://www.webmd.com/diet/guide/vitamin-d-deficiency#1>
- ⁽⁴⁾ Lister et al., 2007, Current topics in nutraceutical research, 5, 67-82.

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