

Proper nutrition for optimal growth

VITAMIN D levels among Malaysians are suboptimal across most age groups.

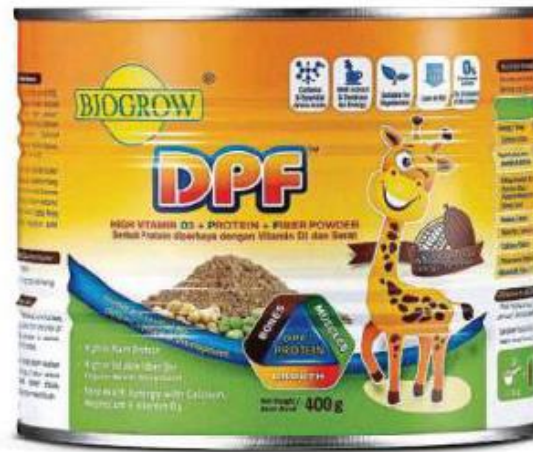
The Nutrition Survey of Malaysian Children (Seanuts Malaysia) was carried out to comprehensively assess the nutritional status of Malaysian children and unveiled some unexpected results – almost half of the children were vitamin D-deficient ⁽¹⁾.

Possible reasons for the deficiency could be a low dietary intake and lack of sun exposure due to sedentary lifestyles ⁽²⁾.

Vitamin D is frequently added into breakfast cereals or cow's milk. However, vitamin D3 in particular is not commonly added into these foods. Vitamin D3 is the type of D vitamins most nutrition experts believe should be utilised in clinical practice ⁽³⁾.

Vitamin D3 or cholecalciferol is formed in the body when the skin synthesises sunlight on its surface. Staying indoors most of the time could cause deficiency of this sunshine vitamin and a possible negative impact on bone growth.

Does your child's supplement contain vitamin D3, protein and fibre for height growth and healthy



Help your child grow tall and strong with Biogrow DPF.

muscles, bones and digestive system?

Checklist 1: Complete protein provides all 22 amino acids, including the nine essential amino acids, which must be consumed from diet. Histidine, leucine and

lysine are the three specific essential amino acids required for production of growth hormones.

Checklist 2: Compared to taking calcium supplements alone, a combination of protein with other nutrients such as vitamin D3 and

magnesium would produce higher bone density for optimal growth ⁽⁴⁾.

Checklist 3: Children and the elderly are commonly affected by chronic constipation. Ensuring high amounts of digestive fibre is a must while selecting the best protein supplement for your child.

In accordance with health claims allowed on food products by the Malaysian Ministry of Health:

- Protein is essential for growth and development.
- Calcium aids the development of strong bones and teeth.
- Magnesium promotes calcium absorption and retention.
- Vitamin D helps the body utilise calcium.
- Resistant dextrin is a soluble fibre that helps to regulate bowel movement, especially among people with a tendency of constipation.

Grow tall and strong with Biogrow DPF

Biogrow DPF High Vitamin D3 + Protein + Fibre Powder with cocoa flavour is specially formulated to meet the nutritional needs and dietary requirements of growing children with a rich chocolate flavour. One scoop (25g) of

Biogrow DPF is recommended daily to provide:

- Over 27 % of plant protein (from non-GMO soy and pea), complete with all nine essential amino acids for muscle growth
- High calcium, magnesium and vitamin D3 for bone growth
- High soluble fibre dextrin for digestive health
- Dextrose and malt extracts as sources of instant energy for active children and adults.
- Non-dairy, lactose-free formulation suitable for everyone and all ages, including vegetarians

■ For queries, call 03-7956 2220 (Monday to Friday, from 9am-5pm) or e-mail info@biogrow.com.my. Like the official Facebook page at www.facebook.com/BiogrowDPF

References

- ⁽¹⁾ Poh et al., Br Jr Nutr, 2013
- ⁽²⁾ Khor et al., BMC Public Health, 2011, 11:95.
- ⁽³⁾ Lister et al., 2007. Current topics in nutraceutical research, 5, 67-82.
- ⁽⁴⁾ Mark A. Moyad, MD, MPH. Vitamin D: A Rapid Review. Dermatology Nursing, 2009;21(1).