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# ONCE A DAY INFANT MULTI LIQUID

To support a child's nutritional requirements during early years.

## Nutritional Information

Each 5ml provides:

		*%NRV
Vitamin A	133 µg	17
Vitamin D	10 µg (400iu)	200
Vitamin E	5 mg α-TE†	42
Vitamin C	30 mg	38
Folic Acid	80 µg	40
Vitamin B1	0.5 mg	45
Vitamin B2	0.8 mg	57
Vitamin B3	6 mg NE‡	38
Vitamin B5	2 mg	33
Vitamin B6	0.5 mg	36
Vitamin B12	1 µg	40
Iron	4 mg	29
Zinc	2.5 mg	25
Copper	0.15 mg	15

\*NRV = Nutrient Reference Values, †α-TE = Alpha Tocopherol Equivalent

‡NE = Niacin Equivalent

Babies 4 to 6 months: ½ teaspoon (2.5ml) daily.

Infants 7 months to 5 years: 1 teaspoon (5ml) daily.



- Synergistic formula providing vitamins and minerals.
- Comprehensive gentle formula for babies and infants.
- Help to support immune function, bone and eye development.
- Provides key nutrients to support the nutritional requirements of a child during their early development years.

## DESCRIPTION

Once a Day Infant Multi liquid contains a blend of 14 vitamins and minerals. This synergistic formula is designed to support a child's nutritional requirements during their early years. It provides vitamin D which is needed for the normal growth and development of bone in children and to support immune function. Iron contributes to normal cognitive development of children and to the production of haemoglobin, formation of red blood cells and normal oxygen transport to tissues and cells in the body. Vitamin C increases iron absorption and riboflavin (B2) contributes to the normal metabolism of iron in the body.

The UK Department of Health recommends that all babies aged from six months onwards should be given a supplement containing vitamins A, C and D\*

\*With the exception of babies consuming 500ml or more of infant formula as this already has added vitamins.

## WHY DO INFANTS REQUIRE EXTRA NUTRITION?

**Rapid development:** Infants are growing and developing at a rapid rate which means that their need for nutrients, per kg of body weight is greater than adults. This combined with the sometimes fussy nature of infants can contribute to the need for a multi supplement.

**Decreased food quality:** Over the past 100 years, soil quality has decreased due to intensive farming methods and the use of pesticides, fungicides and herbicides, and the disruption their use has on the natural soil microbiome and subsequently nutrient quality and density. This drop in soil quality directly leads to a drop in food quality.

**The nutrition gap:** Another problem is the increasing toxic load on the human body due to the use of chemicals in horticulture and agriculture, drinking water and air. The body requires an increased nutrient intake to deal with these toxins, especially antioxidants.

## WHAT IS IN INFANT MULTI LIQUID AND WHY IS IT IMPORTANT?

<b>Vitamin A</b>	Vitamin A is necessary for the development of the immune system, the retina of the eye and healthy skin and mucous membranes. Vitamin A deficiency can lead to irreversible night blindness. Vitamin A can be converted from beta carotene; however some individuals are not effective at this conversion and need to take vitamin A directly.
<b>Vitamin D</b>	Essential for calcium absorption and the regulation of the immune system <sup>1</sup> , Vitamin D supplementation is recommended to Infants consuming less than 500ml of formula milk per day and breastfed infants from 1 month. <sup>2</sup>  Vitamin D regulates the immune system and may help to protect against allergies and auto immunity
<b>Vitamin E</b>	Vitamin E acts as a powerful antioxidant, protecting the body from damage caused by oxidants that are created as metabolic by-products in the rapidly developing infant. Vitamin E is also required for every cell membrane.
<b>Vitamin C</b>	Vitamin C is needed for the production of collagen which upholds most of the structural components in the body. It is required for the developing bones, teeth, gums, joints, blood vessels and skin. Vitamin C is also required for the immune <sup>3</sup> system which needs to be supported in infants who are exposed to many pathogens for the first time.

<b>Folic acid</b>	Folic acid is required for the development of new red blood cells and nervous function. Folic acid is also required for the replication of DNA <sup>4</sup> . Folic acid is part of the B vitamin group and works synergistically with the other B vitamins. Folic acid is essential for healthy blood cells.
<b>Thiamine</b>	Thiamine, or B1 is needed for the proper function of the heart and neutrophil immune cells. It is also needed for the infant to produce an appropriate stress response.
<b>Riboflavin</b>	Also known as vitamin B2, riboflavin is required for the development and maintenance of the myelin sheath on the nerves and for the development of the eye tissue. Riboflavin is needed for flavoproteins which are required for the synthesis of new DNA.
<b>Niacin</b>	Vitamin B3 (niacin) contributes to the production of energy which is highly demanded by the growing infant. Niacin is also needed for proper neurodevelopment and for the creation of many metabolic enzymes.
<b>Pantothenic acid</b>	Vitamin B5 (pantothenic acid) is needed for the creation of acetylcholine, an important factor for nervous and muscle development.
<b>Vitamin B6</b>	Vitamin B6 aids the infant with the conversion of carbohydrates into energy and for the synthesis of many neurotransmitters and hormones needed for growth.
<b>Vitamin B12</b>	Vitamin B12 is important for the development of bone marrow – the tissue that produces immune cells and blood cells.
<b>Iron</b>	Iron is needed for the cognitive development of infants and a deficiency can cause cognitive impairment. Infants generally consume lots of dairy milk, which unfortunately decreases the absorption of iron. This means iron consumption needs to be higher to ensure adequate amounts are absorbed.
<b>Zinc</b>	Zinc is needed for an appropriate immune response, and particularly for the control of histamine release in the body, an important factor in the prevention and control of histamine related allergies. Zinc is used for efficient methylation and the creation of a substance called SAME, a histamine controller. Adequate histamine control should be in place before weaning is started as the infant has the potential to develop histamine related food allergies.
<b>Copper</b>	Copper works in balance with zinc and is needed for the creation of red blood cells, immune function, skin, hair and nails.

## HOW TO USE ONCE A DAY INFANT MULTI LIQUID

### Directions for use:

Babies 4 to 6 months: ½ teaspoon (2.5ml) daily.

Infants 7 months to 5 years: 1 teaspoon (5ml) daily.

Use enclosed spoon to measure the amount needed then mix into babies' usual juice or milk. Infant Multi Liquid Food Supplement can be administered directly from the spoon for infants aged 3 to 5 years.

This product contains iron, which if taken in excess may be harmful to very young children. Keep out of sight and reach of children.

## FEATURES

- Gentle synergistic formula
- Contains 14 different nutrients
- With malt extract
- Great tasting natural orange flavour
- Suitable for use from 4 months
- Suitable for vegetarians
- Dairy free
- Made in the United Kingdom

## HEALTH NEEDS

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### CHILDREN'S HEALTH

## SCIENTIFIC REFERENCES

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1. Autoimmunity reviews.2011;10:12:733-743
2. NHS.2016
3. EJCN.2002;56:S73-S76
4. Mutat Res 2013;0:1-3