

Water

Age Range

Adequate Daily Intake of Beverages

1 - 3 years	4 cups
4 - 8 years	5 cups
9-13 years	8 cups for boys ~ 7 cups for girls
14-18 years	11 cups for boys ~ 8 cups for girls

Food

Ages 4 to 8: Daily Guidelines for Girls

Calories	1,200-1,800
Protein	3-5 ounces
Fruits	1-1.5 cups
Vegetables	1.5-2.5 cups
Grains	4-6 ounces
Dairy	2.5-3 cups

Ages 4 to 8: Daily Guidelines for Boys

Calories	1,200-2,000
Protein	3-5.5 ounces
Fruits	1-2 cups
Vegetables	1.5-2.5 cups
Grains	4-6 ounces
Dairy	2.5-3 cups



Breaking Through Nutritional Boundaries

KID'S SOLUTIONS



Breaking Through Nutritional Boundaries

NUTRITIONALFRONTIERS.COM • 412-922-2566

1

FOUNDATION



This combination will help the body develop from adolescence to adulthood by promoting a healthy immune system and gut.

CHERRY CHEWABLES

- Immune
- Antioxidant
- Collagen Production

PROBZYME

- Digestion
- Regularity
- Immune

2

IMMUNE



Colds, flu, and other ailments during the childhood years are best handled with healthy nutrients to strengthen the body's immune system.

IMMUNOMAX CHEWABLES

- Immune
- Cold Durations
- Flu Durations

FRONTIER PROBIOTICS

- Six Billion CFU
- Non Dairy
- Beneficial Microorganisms

SUPER BIOTICS

- Intestinal Microecology
- Healthy Flora
- Bowel Regularity

3

BRAIN & MOOD



Concentration and brain development are paramount during adolescence. Consider these formulations for helping with mental clarity and higher brain function.

NEUROMAX

- Balancing Behavior
- Stress
- Mental Clarity

OMEGA 3 LIQUID 2800

- Brain
- Cardiovascular
- Hair and Skin
- Blood Pressure
- Joint and Bone