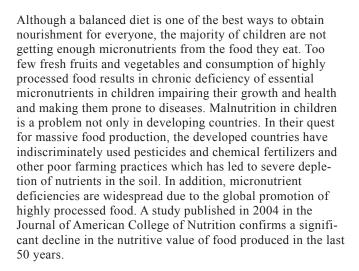
Health Science News Page

Exclusive Information from the Dr. Rath Research Institute

HEALTH BENEFIT OF MICRONUTRIENTS IN CHILDREN DOCUMENTED



Children are especially vulnerable to micronutrient deficiencies because vitamins, minerals, and other natural compounds are essential to support healthy development of the blood and bones and all organ systems, especially the nervous and immune systems. Inadequate nutrition impairs physical growth and development of the brain and nervous system, and reduces a child's immunity and learning ability. Therefore, providing appropriate nutrition is the obvious first step in supporting healthy development of a child at any age.

The Dr. Rath Research Institute, in association with the Academy of Medical Sciences of Ukraine, conducted a clinical evaluation of health effects of micronutrient supplementation in school-age children*. This evaluation included 69 children who were taking a micronutrient supplement for a period of seven months. Their health assessment was



conducted at the beginning and the end of the trial. Another group of 34 children were not taking the micronutrient supplement and they were monitored as the control group. All children consumed the same diet at school. After seven months, the children in the study group were found to be physically more fit than those in the control group. The study found that their heart rate and blood pressure decreased, their cardiovascular system function increased by 28% and muscle power increased by 16%. At the same time, the children in the control group experienced a 14% decrease in lung capacity and respiratory function. Moreover, the children taking micronutrients showed improved immunity and the number of illnesses decreased by 25%. In addition, children in the study group had better tests scores in several subjects compared to the control group. The general health, physical activity and emotional wellbeing of the children whose diet was supplemented with the micronutrients improved significantly over the seven months.

The study indicates that micronutrient supplementation should be an important part of a healthy diet in school age children. The vitamins, minerals and other micronutrients act as catalysts in the metabolic processing of carbohydrates, fats and proteins making the bioenergy generated from these components available for the body to utilize and stay healthy.

*Korzun V, et al., Journal of Cellular Medicine and Natural Health.2015

You can print this News Page at: www.drrathresearch.org, to share it with your practitioner and others.

This information is provided to you by the Dr. Rath Research Institute a leader in the breakthrough of natural health research in the field of cancer, cardiovascular disease and other common diseases. The Institute is a 100% subsidiary of the non-profit Dr. Rath Foundation.

The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical "business with disease". It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: "Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it."

This information is based on scientific research results. It is not intended to substitute for medical advice to treat, cure, or prevent any disease. © 2015 Dr. Rath Research Institute | Santa Clara, California, USA. We encourage the distribution of this News Page, provided its content remains unaltered

