

# Minerals And Children

Preliminary results from the National Children's Food Survey, the first major study of their eating habits in Dublin, show children are lacking in iron and calcium. In another study, cited in the Journal of the American Dietetic Association, researchers found that 6<sup>th</sup> graders in the school lunch program "consumed energy and other nutrients (except iron) at significantly lower than recommended levels (1)."

To add to poor nutrient intake, many other conditions can negatively influence the absorption and bio-availability of minerals in children:

- Finicky Eaters
- Food Allergies
- Intake of Carbonated Beverages
- Interactions with Medications
- Digestive Disorders
- Many other Conditions and Disease States

Because of these problems and in an effort to optimize their health, many parents regularly give their child a vitamin/mineral supplement (2). Due to their low cost and high mineral content, poorly absorbed mineral salts (carbonates, sulfates, etc.) are widely used in vitamin/mineral supplements. **Mineral salts must undergo complex digestive and transport processes, resulting in low absorption and bioavailability (3).** This low absorption also leads to uncomfortable side effects, such as constipation and indigestion.

Unlike mineral salts, minerals found in foods are bound to amino acids. Amino acids act as carriers, carrying the minerals across the intestinal tract during mineral absorption (4). Although increasing the consumption of healthier foods should be the first step to correcting nutrient deficiencies, the statistics above prove that most Americans are not making this choice.

Fortunately, other choices are available. Albion's® Mineral Amino Acid Chelates are minerals that are patently bonded to amino acids, just as the minerals found in foods. **Albion's® Mineral Amino Acid Chelates are absorbed intact, without having to undergo the many digestive processes of mineral salts, resulting in superior absorption and bio-availability (5).** They are also better tolerated, thus preventing the negative effects seen with mineral salts. Albion's minerals are the only minerals used in our **Fit4Kids™ Whole Food Nutrition Program.**

1 Vital Health Stat 11. 2002 Jul;(245):1-158.

2 Balluz et al. Results From the Third National Health and Nutrition Examination Survey 2000;9:3.

3 El-Shabaki et al. Res Exp Med 1979; 174:187.

4 Shils et al. *In Modern Nutrition in Health and Disease*, 8<sup>th</sup> ed. Philadelphia: Lea & Febiger, 1994.

5Weaver JACN 1988;7:5-407.