

HELPFUL HINTS

IDEAS ON HOW TO GET YOUR CHILDREN TO TAKE NUTRITIONAL SUPPLEMENTS

Many of your children have to take many supplements at once and many times during the day. This becomes very challenging for the parents and of course the children. All of us at Kirkman get asked regularly for ideas on how to administer the supple-

ments so that the children will take them. Here are some ideas which we have compiled from our discussions with parents. This is by no means the complete list and by experimenting and using your imagination, this list will continue to grow.

- Kirkman has three flavoring syrups which could help by adding to food or drinks. Flavors are maple, wild cherry and strawberry.
- Mix in orange juice
- Mix in lemonade
- Mix in red grape juice
- Mix in pear juice
- Mix in baby food prepared juices
- Mix in Juicy Juice®
- Mix in V-8 Splash®
- Use yogurt
- Use pudding
- Use fruit sorbets
- Try Cocoa
- Try Hershey® syrup
- Try peanut butter, cashew butter or almond butter
- Make a fruit "smoothy" in a blender
- Make a protein drink (rice or soy) in a blender
- Use honey or jelly as a vehicle to mix products in
- Make popsicle's which include the vitamins (especially good for the Super Nu-Thera® powders and liquids)
- Put doses of the supplements in "rice crispy treats"
- Sprinkle non-heat sensitive products on a pancake before flipping it over
- Put in ketchup and let the kids drag their french fries through it
- Put the products in scrambled eggs (after they're cooked)
- Put products in spaghetti sauce (after it's been cooked)
- Hide products (especially liquids) in "box drinks"
- If you use Coromega®, add other supplements to it
- Calcium, magnesium and Flax (EFA) can be used in cooking and baking
- Baby foods work great in hiding supplements (the jr. ones even have some texture to them)
- Put them in Vance's Dari-Free™ (especially liquid calcium)

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