

Family Appetizer

**EPI-7** 

# Junk food is a leading cause of Malnutrition in Pakistan:

Junk food cause malnutrition because it has a low nutritional value.\* United Nations Food and Agriculture Organization (FAO) state that 37.5 million people in Pakistan are not receiving proper nourishment.\*\* Nutrition Dilemma: Impact of Junk Food, APBIL 29, 2012<sup>•</sup>, Nutrition for Improved Development Outcomes, March 2004<sup>•</sup>.



The Healthy Family,

Symptoms of Malnutrition: British Association for Parenteral and Enteral NutritionRegistered Charity No. 1023927.



Tiredness

Altered mood

Poor concentration

### Better Ingredients, Better Appetizer (Recommended by PDR-USA)

Combination of Lysine, Vitamin C, Vitamin D & Natural Herbs with no side effect such as Drowsiness, Hypertension & Psychosis. Goodman & Gillman 10th edition & PDR- USA page 437,1857

## Family Appetizer

**EPI-T** 

#### EPI-T is a unique blend of nine potent herbs

English Name	Beneficial Effects
Indian Gooseberry	Indigestion, Diarrhea, Joint pain, Obesity & Diabetes. <sup>1</sup>
Yarrow	Stomach discomfort, Bloating, Diarrhea & Gas <sup>1</sup>
Cardamom	Intestinal spasms,Nausea and vomiting, Heartburn, Liver problems, Loss of appetite, Gas & Constipation. <sup>1</sup>
Gulancha Tinospora	Upset stomach, Liver disease, Stomach ulcer & High cholesterol. <sup>1</sup>
Small Caltrops	Mild laxative, flatulence, depressed liver & Diuresis <sup>2</sup>
Chebulic Mtrobalan	Digestive diseases, colic pain, constipation, vomiting & hemorrhoid <sup>3</sup>
Wild Chicory	Hepatoprotective, Gastroprotective, Antioxidant & Antidiabetic <sup>4</sup>
Tamarisk	Diarrhea, Spleen trouble & Rheumatism <sup>5</sup>
Indian Long Pepper	Stomachache, heartburn, indigestion, intestinal gas & diarrhea <sup>1</sup>

The Healthy Family,

1-Natural Medicines Comprehensive Database Professional Version. © Therapeutic Research Faculty 2009

Shern-Nong Pharmacopoela 3- Asian Pac J Trop Biomed. 2013 Mar; 3(3): 244–252.
 Evid Based Complement Alternat Med. 2013; 2013: 579319.
 Asian J Pharm Clin Res, Vol 5, Issue 3, 2012, 17-19

### Lysine is beneficial for proper growth

.MD-HEALTH.COM. Last Updated 28 May, 2015

- - Facilitates the formation of collagen
    - C Supports the production of enzymes, antibodies and hormones
    - Promotes bone & skin health & muscle building
  - C Helps convert fatty acids to energy

### **Family Appetizer**

**EPI-1** 

### Vitamin C promotes normal body Functioning

\*L. Bellows, Colorado State University Extension food and nutrition specialist and assistant professor; and R. Moore, graduate student.3/02. Revis

- Bone and tooth formation Wound healing
   Improving immune system function
  - Acting as an antioxidant. Increasing absorption of iron

## Vitamin D is Essential for Stronger Bones, deficiency can lead to American Academy of Pediatrics Mayo clinic feb 2010

- Skeleton Deformation 
  Skeleton Deformation
- C Muscle Weakness
- O Dental Problem
- **C** Fragile Bone
- C Rickets

### The Only Stimulant to Boost Appetite & Growth Booster

- C Logical Combination of Lysine, Vitamin C, Vitamin D & Natural Herbs
- C Ensure Appetite & growth on natural ways
- C Ensures strong bone & muscles
- O Prevents routine infections
- Available in highly palatable Mango flavour

#### **Dosage:**

(	Infants upto 1 month	2.5 ml (half teaspoon) 2 times a day.
Syrup	6 months -3 years	5 ml (one teaspoon) 2 times a day.
	3 - 12 years	10 ml (two teaspoons) 2 to 3 times a day.
	Over 12 years	15 ml (one tablespoon) 2 to 3 times a day.





Suit 7, Al-Syed Arcade, Rashid Minhas Road, Block-5 Gulshan-e-Iqbal, Karachi-Pakistan.



The Healthy Family,