

ATTENTIVE CHILD™*



Enhances Mental Concentration

Most children are creative, energetic and spontaneous, but sometimes they don't focus on requested activities. Sometimes kids find it difficult to apply themselves to the task at hand.

Your child's brain also may work differently than most people's brains—just like the 5% of the population that is left-handed. Most people think an ultra-active child means an active brain, but active children may actually need a *boost* in brain metabolism.

Source Naturals ATTENTIVE CHILD is a Bio-Aligned Formula™ designed to address the multiple systems that affect children's ability to focus: neurotransmitters and brain metabolism, nerve cell communication, antioxidant defense, and essential fatty acid metabolism.

*Formerly FOCUS CHILD™



SOURCE NATURALS®
Strategies for WellnessSM

Comprehensive Brain Support

Parents are looking for a safe and natural product to support their children's ability to focus. Source Naturals studied the research and created an experiential formula, based on the latest breakthroughs in cerebral and nervous system biochemistry. Each ingredient in ATTENTIVE CHILD plays a role in brain and nervous system structure or functioning, or is involved in important biochemical pathways.

DMAE, a substance normally found in the brain, boosts brain metabolism and has been shown to enhance concentration.

L-Aspartate is an amino acid neurotransmitter that stimulates brain activity.

Research has shown that some ultra-active children may have special dietary needs for magnesium, zinc and DHA (docosahexaenoic acid). **Magnesium** is necessary for the transmission of nerve signals, and, along with **zinc**, for the processing of essential fatty acids into other vital biochemicals. **DHA** is an essential fatty acid that is very important for cerebral development and effective communication between nerve cells in the brain.

Lecithin contains four phospholipids—fatty acid building-block molecules in nerve cell membranes.

Phosphatidylserine, in particular, is vital in nerve cell communication and the electrical activity of the brain.

Grape seed extract is a plant-derived antioxidant that protects the integrity of fatty acids in nerve cell membranes.



ATTENTIVE DHA™ in Tiny Kid Caps™

The ATTENTIVE CHILD formula can be supplemented with additional DHA. ATTENTIVE DHA Kid Caps are available in easy-to-swallow, small oval softgels, each containing 100 mg of DHA. For children who can't swallow caps, simply pierce the gel and mix the oil with food.

Sweeteners with Low Impact on Blood Sugar

The delicious sweet-and-tart taste in ATTENTIVE CHILD wafers comes from natural flavors, specially manufactured without sugar for Source Naturals. Unless specified, most flavors in other products contain maltodextrin, a sugar with a high glycemic index.



The ATTENTIVE CHILD wafer itself is sweetened with crystalline fructose (natural fruit sugar) and xylitol (a naturally occurring sweetening agent found in many fruits and vegetables). These select natural sweeteners have a very low glycemic index—so ATTENTIVE CHILD will taste great to your child, but have little effect on blood sugar levels.

We recommend carefully reviewing the labels of other products. They may contain honey, glucose, sucrose, maltodextrin, and maltose—all of which have moderate-to-high glycemic indexes. In addition, maple sugar, molasses, malt syrup, rice syrup, and beet sugar contain varying amounts of high-glycemic-index sugars, which can set off blood sugar fluctuations that may affect concentration. Beware of children's nutritional bars designed to enhance focus and

concentration. Most have over 20 grams of sugar per bar. In contrast, each serving of ATTENTIVE CHILD contains only two grams of crystalline fructose, which has little effect on blood sugar.

Glycemic Index of Various Sweeteners

The glycemic index is a ranking of foods based on their immediate effect on blood glucose levels. It measures how much your blood glucose increases over a period of two or three hours after intake. The higher the glycemic index (GI), the greater the fluctuations in blood sugar.

Sweetener	Glycemic Index†
Xylitol*	7.0
Crystalline Fructose*	23.0
Organic Agave Nectar††	10.0
High Fructose Corn Syrup	62.3
Sucrose	65.0
Honey	73.0
Glucose	97.0
Maltodextrin	105.0
Maltose	105.0

*sweeteners used in ATTENTIVE CHILD™
†based on rate of 100 for glucose
††for information, see website www.wcommerce.com

Lifestyle Strategies for Your Child

You can help your child concentrate on schoolwork, chores and other challenges. Start with ATTENTIVE CHILD and ATTENTIVE DHA, and then incorporate a healthy lifestyle and nutrition routine.

Physical Health

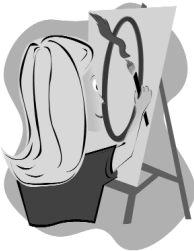
Have your child's overall health checked by a well-trained holistic health care professional, such as a naturopathic physician. It is particularly important to examine the functioning of



your child's **thyroid gland** (the master regulator of the body's metabolism, which influences mood and energy level), and **blood sugar metabolism** (the brain depends on a steady supply of glucose to function properly, particularly when you are trying to concentrate).

Nutritional Health: Feeding the Brain

Help your child maintain a steady supply of energy and brain fuel by providing a balanced diet. Small, frequent meals are preferable since they dispense a steady level of glucose to the brain. Include foods high in the amino acid **tyrosine**, a precursor to neurotransmitters that support an alert state. It is found in protein foods, such as meat, poultry, beans, tofu, lentils and seafood. Also include **complex carbohydrates** such as whole grains, fruits and vegetables, which are metabolized slowly and yield a steady supply of glucose. The simple sugars found in candy, cookies, sodas and other processed foods can lead to a rapid rise in blood sugar levels, followed by an abrupt decline, and should be discouraged. It is important to include **essential fatty acids**, especially omega-3 fatty acids, which are abundant in the brain and essential for its development and normal functioning. Supplement with ATTENTIVE DHA, and encourage your child to eat cold-water fish, such as salmon. Avoid the hydrogenated fats found in processed foods and margarine, as well as chemicals and food additives. A nutrition program consisting of fresh, unprocessed natural foods is the healthiest choice for everyone.



Lifestyle Health

Some experts believe extended time watching TV and playing video games does not support optimal health or school performance. EEG studies have shown that these activities decrease brain activity rather than activating the brain. Encourage your child to spend time in outdoor physical recreation and in creative, challenging activities.

Supplement with ATTENTIVE CHILD and ATTENTIVE DHA

ATTENTIVE CHILD is available in bottles of 30 & 60 chewable wafers. ATTENTIVE DHA Kid Caps (algal-source Neuromins®) are available in 30- & 60-softgel bottles.

Attentive Child™ is a Bio-Aligned Formula™
Multiple System Support for Active Kids

Concentration	DMAE
Brain Metabolism	L-Aspartate DMAE
Building Blocks of Brain Cell Membranes	Phosphatidylserine Phosphatidylcholine Phosphatidylethanolamine Phosphatidylinositide DHA
Nerve Cell Communication	Magnesium Phosphatidylserine DHA
Essential Fatty Acid Metabolism	Magnesium Zinc
Nerve Cell Membrane Antioxidant	Grape Seed Extract

References

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