



## Parents' Guide to Omega-3 for Kids

# Kids Smart. Bursts

You want to give your child the best start in life, and we're here to help. Our mission is to support you and your family on your wellbeing journey. Nature's Way are here beside you every step of the way with a range of products that are packed with premium quality ingredients and backed by the best innovation.

[www.naturesway.com.au/brands/kids-smart](http://www.naturesway.com.au/brands/kids-smart)

Always read the label and follow directions for use.

# Kids Smart. Bursts



## Kids and fish oil: what you need to know

**DHA, found in Omega-3**, is essential for kids' healthy growth and development. **Omega-3s** are building blocks of various functions and systems within the body. **Oily fish is the best source of Omega-3 fatty acids.** However, fish such as salmon and sardines are often not the most popular food for little fussy eaters. Sigh.

It can be a real challenge to get our children to eat enough fish — that's when supplementing to fill those gaps can be incredibly useful.

That's where the Kids Smart Bursts range comes in. The range includes high-strength DHA formulations as well as multivitamin

preparations that are 99% sugar-free. They come in flavours such as tropical, strawberry & blackcurrant - kids love them!

Bursts are soft, chewable capsules, so you can let your kids chew them, under adult supervision. For smaller children, you can twist or cut off the tail and squeeze the liquid into your child's mouth or onto food.

While supplements should never replace a balanced diet, Kids Smart Bursts are designed to support you in your parenting journey. We know that good nutrition is about more than just ticking a box. You want the best for your kids. And so do we.

### Kids Smart Bursts is a range of fish oil and multivitamin supplements that can support your child's:

- ✓ Brain development
- ✓ Eye health
- ✓ Healthy growth & development
- ✓ Cognitive & brain function
- ✓ General health & wellbeing
- ✓ Nervous system health

# Fish oil for brain food

At the age of three years old, children's brains are often making more than a million new neural connections. (1)

It's a mighty impressive organ!

That's why supporting your child's brain and cognitive function is one of the greatest gifts you can give them.

A hero of the Kids Smart Bursts range is fish oil. We like to think of it as brain food.

Fish oil is a source of omega-3 fatty acids, one of which is docosahexaenoic acid (DHA).

## Omega-3 DHA has many brain benefits for kids

Omega-3 supplementation may support **brain development and cognitive function** in growing children.

Omega-3 fatty acids may help to support **eye health & function** in school-aged children.





# Kids Smart. Bursts

## Kids + Bursts: a smart way to go

We've designed Kids Smart Bursts to make it easier for you to give your kids the nutrients they need.

And with four different flavour choices, there's a Kids Smart Bursts option your kids will enjoy.

Parents, you can assist your young children 1-4 years, by twisting or cutting off the tail and squeezing into your child's mouth or onto food.

Older children 5-11 years, can consume the entire capsule as it is chewable and suitable to be eaten.

Use under adult supervision & DO NOT swallow whole.



# 4 ways to Burst with mum of two

"Sarah" started using Kids Smart Bursts when her son was three years old. Soon, her daughter also joined the family. Her family has always used age-appropriate ways to integrate the Bursts into the kids' days. Here are Sarah's winning tips to get Bursts 'down the hatch'!

Remember to always supervise your little ones when they are taking their Bursts.

## Toddlers & pre-schoolers

Squeeze & squirt



### Sarah's tip:

"This is the age we started the Bursts with our kids. There's not too much liquid so it was super easy to give it to them."  
- Parents, just twist or cut off the tail and squeeze it into your child's mouth or onto food.

## Primary agers (5-11 years old)

Make it fun!



### Sarah's tip:

"With the daily instructed 2 capsules per day, we designed little treasure hunts with our kids. Kids can simply look for the Bursts and pop straight into their mouths and chew, under adult supervision."

## Young kids

Stir it in



### Sarah's tip:

"We added it to yoghurt, smoothies or their cereal. The flavours are great so the kids didn't notice."

## Older kids

Just chew  
- under adult supervision



### Sarah's tip:

"The kids are onboard with taking the Bursts as they know it helps to keep them healthy. They love the taste and kids can quite happily grab one to chew before school."



# Kids Smart. Bursts

**Fuel for little brains and bodies**

[www.naturesway.com.au/brands/kids-smart](http://www.naturesway.com.au/brands/kids-smart)