



**mindful nutrients**

**achieve+**  
**junior**

Supports cognitive development and function  
Clinically trialled ingredients  
Scientifically validated

**CONTAINS KAKADU PLUM**

250g  
ORAL POWDER  
For children only  
1-202056

**achieve+ junior**  
**HOW DOES IT WORK?**



## nourishing your child to achieve their potential

Working together for good.

It's a great slogan, but it's important to understand what this actually means if we're going to revolutionise our children's health and wellbeing.

We need to recognise that our children can't achieve to their potential if their bodies aren't well nourished.

They need a range of nutrients to support their mental health and their ability to focus and learn.

And we really need to start now.

*their bodies need a range of  
nutrients to thrive!*



# our brains and bodies need nutrition to thrive



**3** WHERE ARE WE NOW?



**4** HUNGRY, BUT YOU DON'T KNOW IT



**5** HERE'S THE PLAN



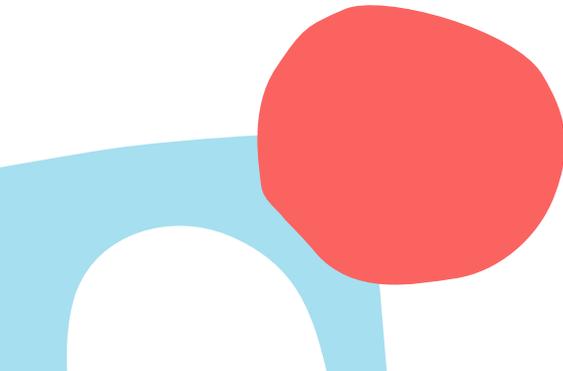
**6** HOW WILL IT HELP?



**7** HOW DOES IT WORK?



**8** HOW MUCH?



# where are we now?

It can be difficult to notice when something's missing.

Our children might be meeting their height and weight targets (or perhaps even exceeding them?).

They aren't hungry, even if they choose to avoid our carefully-prepared meals.

That's thanks to a wide-range of prepackaged snacks designed to satiate them with a combination of sugar and fat.

They aren't thirsty, either.

We have access to clean, safe water, but it can be tempting to turn to soft drinks for an energy hit.



We're sold on the idea that Coca Cola's "The Real Thing".

That Red Bull "Gives you Wings"

# hungry - but you don't know it

Have you heard that less than half of one percent (that's 0.5%) of all Australian children eat enough vegetables and legumes for health?

That Australian children and adolescents consume roughly forty percent (40%!) of their daily calories from highly processed junk food?

That rates of obesity amongst Australian children have tripled since the 1970s?

That unhealthy diet is now the leading cause of early death in middle- and high-income countries, and the second leading cause of death globally?



# hidden hunger

One of the world's leading experts in nutrition describes this problem as 'hidden hunger'.

Invisibly, silently, the body craves nutrients long before there are any external signs of deficiency.

A full stomach, fed on processed food and low in fruit and vegetables is simply not enough to give our kids what they need.

It's going to be a while before government changes policy reduce the power of food corporations and influence the levels of nutrients in these foods.

So who can do anything about it?

We can.

# here's the plan



One scoop.

Every day.

Our nutrient drink mix, achieve+ junior, is a berry-flavoured powder that dissolves in water, milk or juice.

Or, you can easily mix it into yoghurt if your little ones are on the fussy side.

achieve+ junior is approved as a medicine by Australia's Register of Therapeutic Goods (ARTG) AustL319171.

It is based on research that shows it will make a big difference to how happy our children feel, and how well they concentrate and learn.

# how will it help?

Great question.

We asked some kids who had been taking just one scoop of Mindful Nutrients every day for one month.

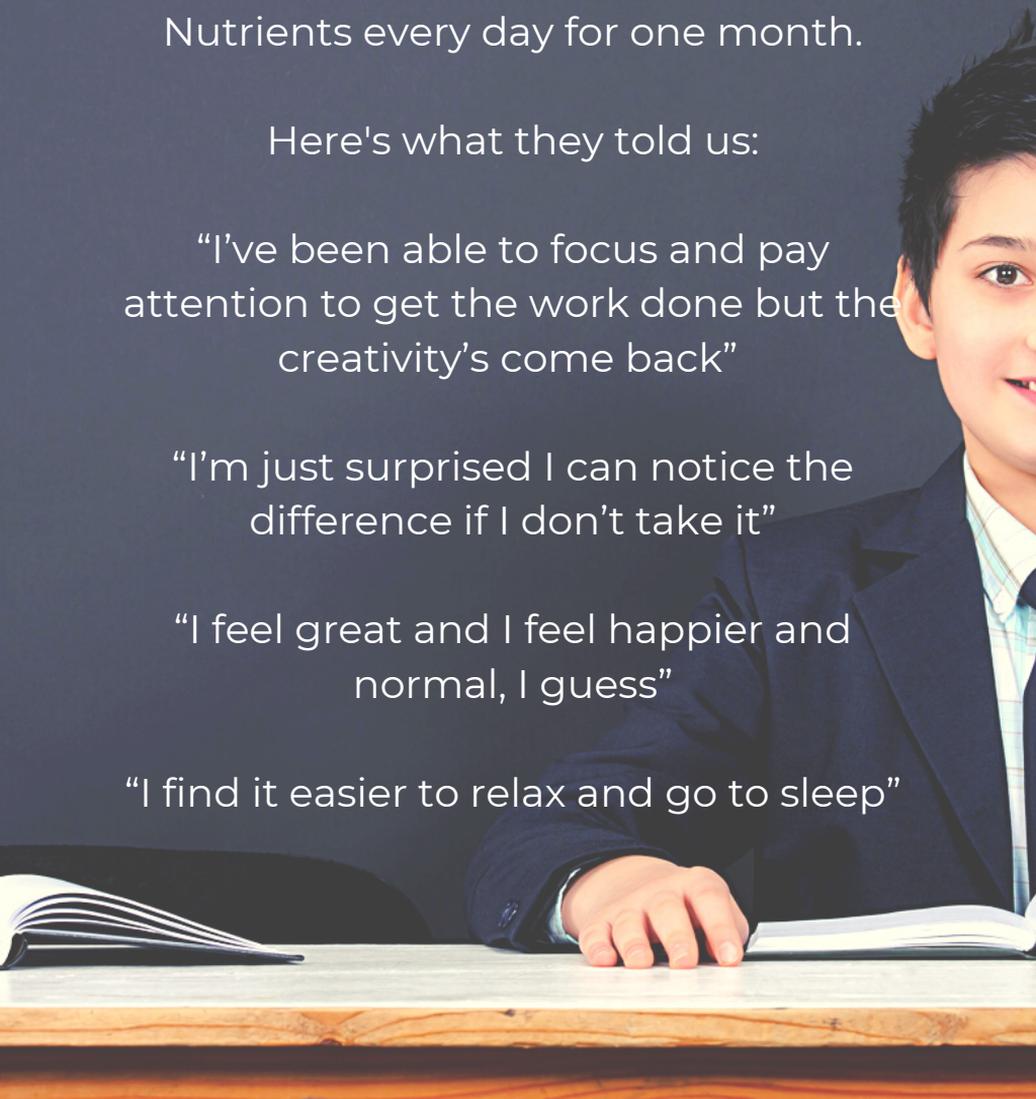
Here's what they told us:

“I’ve been able to focus and pay attention to get the work done but the creativity’s come back”

“I’m just surprised I can notice the difference if I don’t take it”

“I feel great and I feel happier and normal, I guess”

“I find it easier to relax and go to sleep”



# how does it work?

The benefits that your child will experience on achieve+ junior include:

- Relief from mild anxiety
- Decrease symptoms of stress
- Enhance cognitive performance
- Enhance memory
- Promote learning ability and function
- Enhance brain health
- Improve synthesis of neurotransmitters
- Help balance the brain/ gut interaction
- Enhance stamina and physical endurance
- Maintain a healthy immune system
- Support energy levels and energy production
- Support the body's metabolic rate

# why does it work?



## support energy levels

thiamine, riboflavin, niacin, pantothenic acid, vitamin B6, biotin, vitamin B12, copper, iron, magnesium, manganese, iodine

it's hard to stay focused when you're worn out and lacking stamina. these nutrients contribute to mitochondrial energy production, and extract energy from food. iodine also supports thyroid function.



## support immune health

vitamins A, C, B6, D, E, B12, riboflavin, iron, magnesium, selenium, zinc, runny nose, persistent cough, sore tummy? the body needs help fighting off the bugs. power up the epithelial cells, the immune system, and antibodies



## maintain + support cognitive function

choline, iodine, iron, zinc, these ingredients contribute to released in certain nerve cells in the brain. iron contributes to normal cognitive development and function. basically, they help little bodies do what they were designed to do!

## support a healthy stress response

pantothenic acid

crucial to the health of the adrenal glands, and the manufacture of adrenal hormones. it assists the production of acetylcholine and the synthesis of cortisone. this means they help the brain send messages.

## helps synthesis of neurotransmitters

vitamin c, thiamine, pantothenic acid, B6, choline, iron

vitamin c and B6 are important in reducing oxidation during the production of norepinephrine, serotonin + GABA and others.

choline assists in transmission of nerve impulses, while iron is part of the synthesis of serotonin and dopamine. these are feel-good chemicals too!



# how much?

## INGREDIENTS: Each 15g (three scoops) contains:

Retinol acetate	1.6mg	Calcium (as Calcium citrate tetrahydrate)	1.06g
equiv. vitamin A 1380 micrograms		Chromium (as Chromic chloride hexahydrate)	500micrograms
retinol equivalents (4600IU)		Copper (as Copper (II) glycinate)	4.8mg
Thiamine nitrate	59.2mg	Iodine (as Potassium iodide)	163 micrograms
equiv. Thiamine (vitamin B1)	48mg	Iron (as Iron amino acid chelate)	10.8mg
Riboflavin (vitamin B2)	14.4mg	Magnesium (as Magnesium citrate)	480mg
Nicotinamide	72mg	Manganese (as Manganese amino acid chelate)	7.2mg
Calcium pantothenate	26.2mg	Molybdenum (as Molybdenum trioxide)	115 micrograms
equiv. Pantothenic acid (vitamin B5)	24mg	Potassium (as monobasic potassium phosphate)	172mg
Pyridoxine hydrochloride	68.5mg	Selenium (as Selenomethionine)	144 micrograms
equiv. Pyridoxine (vitamin B6)	56.4mg	Zinc (as Zinc amino acid chelate)	38.4mg
Biotin	864 micrograms	Alpha lipoic acid	400mg
Folic acid	250 micrograms	Choline bitartrate	432mg
Levomefolate calcium	271 micrograms	Inositol	144mg
equiv. Levomefolic acid	250 micrograms	Acetyl levocarnitine hydrochloride	48mg
Mecobalamin (co-methylcobalamin)	720 micrograms	Cysteine hydrochloride	24mg
Phytomenadione (vitamin K1)	72 micrograms	Methionine	24mg
Menaquinone 7	24 micrograms	Ginkgo biloba (Ginkgo) extract dry concentrate	28.8mg
Ascorbic acid (vitamin C)	480mg	from dry leaf	1.44g
Colecalciferol	25 micrograms	Vitis vinifera (Grape) extract dry concentrate	36mg
equiv. vitamin D3	1000IU	from dry seed	4.32g
d-alpha-tocopheryl acid succinate	238mg	Terminalia ferdinandiana (Kakadu plum)	
equiv. d-alpha-tocopherol (vitamin E)	288IU	fruit flesh powder	4.8mg
Boron (as Borax)	2.4mg		

VITAMINS AND MINERALS CAN ONLY BE OF ASSISTANCE IF DIETARY INTAKE IS INADEQUATE.  
DO NOT USE IF CAP SEAL IS MISSING, TORN OR BROKEN.

you might find these ingredients in other supplements sold in your local pharmacy, but you won't find them 'all in one', and you certainly won't find them in such effective quantities.





**small change.  
big impact.**

just one scoop a day.

that's all it will take for you to help your child feel  
happier and learn better.

within one month, your child should notice  
changes that mean they are calmer, handle stress  
better, and can concentrate longer.

your child should also be feeling less anxious, and  
more resilient in the face of daily concerns.

please go to [www.mindfulnutrients.com](http://www.mindfulnutrients.com) to place  
your order.

subscribe for helpful tips and recipe suggestions!

*enjoy free shipping for  
orders within Australia!*

