



# Build Child Appetite

Biotech Way!

STIMULATING  
HUNGER!

BY  
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# How to increase Appetite?

by RUCHI KHANNA

One of the biggest concern for a mom is to make sure her child's belly is full, a happy baby is a tummy full baby.

But what to do when you child does not eat regular home made food, or he/she eats very less, gets hungry often, is very picky and choosy to select what they want to eat?

The most common understanding that mom's would have is that the child naturally is built to eat less, but that is really not the issue, every child needs proper nutrition and that too in a balanced way!

What MOM's should focus is on building up their child's APPETITE rather than allowing them to eat away from home, Each mother should focus on getting to know WHY their child is not having an appetite.

This Article talks about Healthy Appetite building supplements, when taken in consultation with your nutritionist show positive results in increasing child appetite.

## APPETITE SUPPLEMENTS:

These supplements mainly include Vitamins & Minerals.

**VITAMIN B1** - This is known to increase appetite is a person has a deficiency of this nutrient in their body!  
Deficiency of B1 is related to weight loss, confusion, appetite loss, & neurological symptoms. If you see such deficiencies in your child then certainly opt for Vitamin B1.

**ZINC** - This mineral is also known to increase the feeling of hunger.

Children deficient in Zinc tend to display loss of appetite, poor immune function, hair loss, slow healing & changes in taste perception.

Mom's should focus on the Vit. B1 & Zinc combination under nutraceutical supplements available in the market - If a *nutraceutical* product is available in combination then even better.  
NUTRACEUTICAL SUPPLEMENTS IN INDIA DO NOT NEED PRESCRIPTION!

*Make Supplements part of your child diet!*

**Appetite can be build up using “Appetite stimulants”, they help in increasing your child's feeling of hunger! These can also be referred to as OREXIGENIC stimulants..**



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**Nutrition is the only  
remedy that can bring  
full recovery and can be  
used with any  
treatment. Remember -  
Food which is functional  
is our best medicine.**

**BERNANRD JENSEN**

GO NATURAL

Omega 3

Shopping  
supplements!

AIM FOR QUALITY

**Within Naturopathy some may suggest that tasting bitter herbs releases natural Extracts that trigger Appetite, even digestion. It is common for many people using these herbs to better their digestive activity.**

**AOMEGA 3 FATTY ACID::**

Marine derived omega -3 fat have shown to improve appetite & increase the feeling to eat more, some of the sources are Salmon Fish.

Within Nutraceutical supplements, Omega -3 can be derived from algae too!

It is important to identify quality based products, if consuming omega 3 is not increasing appetite then change the brand of the supplements.

**About the writer** Ruchi Khanna is a Biotechnologist and Nutraceutical Formulation Industry Expert! She heads the sales and procurement division at M/s Rass Biosolution Private Limited. Ruchi has numerous published articles under functional food, cosmetology, nutraceuticals and Pharmaceuticals!

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# Do not forget to keep a balanced diet & exercise.

IF YOU ARE AN INDUSTRY AND ARE  
LOOKING TO GET FORMULATION  
DESIGNED FOR ANY NUTRITION  
APPLICATION THEN KINDLY GET IN TOUCH  
WITH. MRS. RUCHI KHANNA!