Dietary Supplement

orthomol immun junior

Information for parents/patients

Immune power for kids
The development of a child’s immune system

The immune system is a complex system in the body that protects against pathogens and destroys cells that are identified by the immune system as defective in order to ward off anything that puts the body at risk. However, the body’s defenses are not yet fully developed when a baby is born, as this is a gradual process. For this reason, children succumb far more frequently to infections than adults and are far more exposed to environmental pollutants. In view of this, a well-functioning immune system is all the more important.

The immune system – learning throughout your lifetime

The immune system consists of various kinds of defense cells which are formed primarily in the bone marrow, in the lymph nodes and in the spleen, and which enter the blood and lymph vessels from there. These defense cells recognize and eliminate germs and pollutants using two different yet complementary strategies:

I. Unspecific, congenital defense

If, for example, viruses or bacteria manage to break through a person’s “protective barrier” and enter the body, this activates specific defense cells called phagocytes and killer cells. These defense cells, which can be found in virtually all parts of the body, have the ability to absorb germs and pollutants and subsequently destroy them.
II. Specific, acquired defense
T and B lymphocytes are the specialists of the immune system. Using specific receptors, T-lymphocytes can identify foreign bodies and thus provide other areas of the immune system with support.

B lymphocytes can mark germs with certain proteins (antibodies). This makes the germs more easily identifiable for phagocytes and killer cells.

These specific defense cells possess a kind of memory that is created after the first contact with a germ or foreign substance. As soon as the same kind of foreign substance or germ enters the body again, the body is able to react more quickly to the invader.

This means that the immune system is capable of learning throughout your lifetime. In fact, this specific defense “memory” is the reason why many illnesses only affect us once in our lifetime and why a second contact with the same germ often has no effect and sometimes even goes completely unnoticed.
Frequently recurrent infections

A never-ending cycle of coughs, colds and middle ear infections – this is not just a nightmare for your child. However, usually there is no reason to worry. Children are particularly exposed to infections when at kindergarten or school. A child’s immune system has not yet fully developed and it therefore needs to have contact with and remember various kinds of germs. This is very important for fending off germs later on in life because it enables the body’s immune protection to develop gradually.

When the immune system is subjected to particular stress, e.g. with frequently recurrent infections, the need for micronutrients (such as vitamins, trace elements, phytonutrients) increases.

A normal diet often fails to meet this need. In order to ensure a sufficient supply for the body, the missing micronutrients can be sourced externally. The correct selection and concentration of the micronutrients is decisive here.
Protection against free radicals

In addition to pathogens, “free radicals” also have a negative influence on your health. Free radicals are reactive compounds or metabolic products. They are able to react with cell components, impeding their function and damaging their structure. In addition to metabolic processes, they are also formed as a result of direct sunlight, environmental stress and other factors. The body possesses various antioxidant systems to protect itself from harmful radicals.

**Micronutrients with antioxidant characteristics**
Antioxidants or radical scavengers are able to intercept free radicals directly and neutralize them. However, they must be sourced externally because the body cannot produce them itself. For example, a number of vitamins are important radical scavengers. It is a good idea to take them together as their effects complement each other. Important antioxidant micronutrients include carotenoids and vitamins C, A and E.

**Antioxidant enzymes**
Antioxidant enzymes can also neutralize free radicals and are produced by the body itself. However, to do this the body needs a sufficient supply of trace elements such as selenium, iron, zinc and copper, which serve the body as components of the enzyme systems. These trace elements must be ingested through food.

What is orthomolecular medicine?

The principle of orthomolecular nutritional medicine is based on the specific intake of micronutrients, such as vitamins and trace elements. If the body does not receive a sufficient supply, it can suffer numerous illnesses. Accordingly, this lack of micronutrients must be supplemented to ensure that the natural metabolic balance can be restored.

The correct selection and concentration of the substances is decisive here. One important function of orthomolecular medicine is to provide the body with important micronutrients in the volume and composition it requires.

Linus Pauling, biochemist and Nobel Prize winner, founded the principle of orthomolecular medicine. This medical orientation has been recognized as an official therapy in the USA since 1978 and is also enjoying increasing recognition in Europe. The strategic usage of orthomolecular nutritional medicine has proved particularly beneficial for the immune functions.
Micronutrients and the immune system

Protection against pathogens
Numerous vitamins, trace elements and phytonutrients are vital to ensure that the immune system functions normally. Here are the most important micronutrients with their nutritional characteristics and features:

Vitamins E and C, mixed carotenoids
- Scavenge and neutralize “free radicals”
- Assist immune cells in their function as natural antioxidants
- Contribute to cell protection
- Promote the immune defenses

Bioflavonoids
- Support the effects of vitamin C as natural antioxidants
- Scavenge “free radicals”, and thus protect cells against damage
Zinc, selenium, manganese, copper and iron
• Influence the activity of the immune cells as important components of antioxidant enzymes

Calcium and magnesium
• Important for the build-up of bones
• Important for muscle and nerve functions

B vitamins
• Support the energy metabolism

Vitamin A
• Contributes to the integrity of the skin and mucous membranes

Vitamin D
• Important for the immune system
Strengthening the body’s defenses – immune power for kids

In many cases, a few simple steps are all that is needed to boost the immune system. Physical activities such as sports and games are also beneficial. A game of football in the park, a visit to an adventure playground or a stroll in the woods not only does wonders for the feeling of family togetherness, it also provides children – and adults – with valuable exercise and fresh air.

Above all, however, parents should provide a balanced diet for their children. Here, as well, a little imagination can help to make healthy eating appeal to young people. Let your children help prepare the food. Putting the toppings on a pizza or baking cakes – with healthy ingredients, of course – are just two examples of how food can be fun for children. Holding a creative competition to see who can arrange a fruit salad or starters can truly work wonders – after all, presentation is everything!

Our tip: Do not force children to eat something that they dislike – this only triggers an intense, often lifelong rejection of the food in question.
An effective immune system throughout the year

It is normal for your child to suffer more often from common colds or other infections than you. However, there is a lot that can be done to enhance your child’s health and well-being. The following list will give you a few ideas – it is very likely that one or more of these suggestions can be easily integrated into your everyday life:

- Avoid smoking in your home. Passive smoking increases vulnerability to common colds and asthma.
- Make sure that your children wash their hands regularly.
- Ensure that they have enough sleep. Primary school children still need 10-11 hours of sleep every day.
- Over-stimulation from long hours of watching TV or playing computer games leads to inner tension. Team sports or playing in the fresh air is healthier and acts as a counterbalance.
- Having too many extra-curricular activities, such as a constant succession of sports practices or music lessons, can also be stressful for children. Make sure that children still have enough time for themselves.
- Ensure that meals are eaten regularly and as a family. In this way, eating is much more enjoyable, even for children with an aversion to vegetables.
- A micronutrient product in a complex composition, such as Orthomol® Immun junior, can help to meet the increased need for micronutrients in the case of frequently recurrent infections (such as common colds, middle ear infections).
Micronutrients required by a child’s immune system

Orthomol® Immun junior is a dietary food for special medical purposes. Orthomol® Immun junior is suitable for the dietary management of frequently recurrent infections (such as middle ear infections, common colds) in children from the age of four.

The micronutrient combination suitable for children contains 25 micronutrients, including the immune-specific vitamins A, C, E, phytonutrients and trace elements with a well-balanced dosage.

By means of nutritional support, Orthomol® Immun junior can help to:

• Neutralize an increased number of free radicals
• Fight infections more effectively
• Shorten the duration of disease

The micronutrient combination for children.
For frequently recurrent infections:

• With an immune-specific combination
• With a well-balanced dosage
• With forms of administration suitable for children

Dietary Supplement

orthomol immun junior
The right choice in any form

Orthomol® Immun junior is available as chewable tablets with a fun, car-shaped design.

Starter trial package:
7 + 7 daily servings of 3 chewable tablets to test the taste Tangerin-Orange and Wild Berry flavor

Monthly package:
30 daily servings of 3 chewable tablets Tangerin-Orange or Wild Berry flavor