

Growfence Junior

Protein deficiency can retard growth and development, weaken the heart and lungs, decrease immunity and prevents the energy that Childs need to play and learn. Growfence Junior is specially designed to overcome such deficiency in child. Growfence Junior content Stevia which is natural sweetener and provides delicious taste to your child without harms of sugar. Sugar free testy content provides balanced calorie supplement of protein and helps to maintain healthy weight of your child. Bromelin helps in better digestion of protein and makes most available form of protein to your child. Pre and Pro biotic content of this junior formula provides protection against infection and improves immunity. In addition to this, multivitamins and minerals in Growfence Junior will provide complete nourishment to your child. 20 grams of Growfence Junior provides 08 grams of protein, which is highest in compare to all available protein powders in market. Growfence Junior is most recommended and trusted brand of protein for child by doctors.

EARLY CHILDHOOD

Growing children need protein, they help to form and repair cells, enzymes and hormones, and contribute significantly as a last resort to provide energy. Iron is better absorbed in foods containing meat, poultry and fish (ham iron) than iron, eggs, beans and peas. Proteins help to form new blood cells and body tissues and they help the nervous system function properly. Their iron helps maintain oxygen in the blood and prevents anemia.

Why Protein?

For complete growth of Kids Protein is a very important ingredient in all forms of life. They are one of the four building blocks of life; the other three are carbohydrates (sugars), lipids (fats), and nucleic acids (DNA and RNA).

Proteins make up about 15% of body weight. They can be part of the structural elements in a cell on a small scale, or be part of the fibers that make up your muscles.

If you want to make the body healthy and strong, protein should be taken in proper quantities. Protein is a synonym for strength.

Functions:

Strengthen, develop and repair the muscles, bones, hair, nails, etc. of the body. Contains the constituents of blood components. The blood cells contain a protein called hemoglobin, which gives the cells their color. The fluid part of the blood is called plasma. It contains a protein called fibrinogen, which is involved in the blood clotting process. Blood clots are very important when there is an injury to the body.

Proteins contribute to the formation of elements such as immunoglobulin and interferon, which protects the body's immune system. Proteins are important in our immune system, which fight infection. For example, blood contains antibodies, a white blood-forming protein called a B lymphocyte or a B cell. Antibodies fight against invaders like bacteria and viruses.

Protein is essential in most biochemical processes occurring in the body. The body's metabolism is regulated by hormones. Many true hormones are proteins, such as insulin. Insulin is extremely important in maintaining blood glucose levels.

Protein is also an important component in fetal structure and in breast milk production.

What amount should I take?

The amount of protein in the Indian diet is very low. The DRI (Dietary Reference Intake) value of protein is 0.8 g per kilogram of body weight.

That means each person should consume 0.8 grams of protein per kilogram of their body weight. For example, if you weigh 60 kilograms you should consume $60 * 0.8 = 48$ grams of protein daily.

Due to the modern and busy lifestyle, people are choosing fast food in food. This causes a protein and vitamin deficiency in both men and women. In everyday life, eliminating essential protein deficiencies is extremely important. This deficiency can be avoided by taking any good protein supplement with water or milk with low fat.