

THE EINSTEIN KIDS GUIDE



# Neuro Nutrition for *Kids*

The science of feeding the brain from the gut — and the simple, modern way to help your child focus, sleep, and feel their best.



Gut-Brain Axis

Mommy-Approved

Backed by Science

We are not vitamins, we are **NEURONUTRITION**





## A PARENT'S GUIDE

# Feeding the *brain* from the gut.

Here you'll find **everything** your child's brain and microbiome need to maximize their development — what to feed, what to avoid, and the three simple companions that 5,000+ families already rely on every day.

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# What is *Neuro Nutrition?*

A new branch of science that connects the digestive, immune, and neurological systems — and that, more than anything else you'll learn this year, can quietly transform the way your child learns, sleeps, and feels.

**Brain Development**

**Emotional Balance**

**Focus & Learning**

**Gut-Brain Axis**



# The science of *food* meeting the brain.

Have you ever noticed how your little one's mood shifts when they're hungry, or how a tummy ache makes it impossible for them to sit still and focus? It turns out there's a very good reason for that.

**Neuro Nutrition** is the branch of science that studies how the nutrients we eat directly influence the brain and behavior. It sits exactly where three of your child's most important systems overlap — digestive, immune, and neurological — and it's rewriting what pediatricians and child psychologists understand about learning, emotional regulation, and resilience.

From a child-psychology perspective, a well-nourished child — emotionally *and* biologically — learns better, regulates their emotions more easily, and connects with the world in a healthier way. The secret to raising a focused, joyful, resilient child might just be hiding in their tummy.

**+10,000**

CHILDREN  
HELPED

**+5,000**

HAPPY  
FAMILIES

**+50**

RECOMMENDING  
CENTERS

**13 yrs**

NEUROEDUCATION

## WHY IT MATTERS

Children with a balanced microbiota show measurably better emotional regulation and a **lower prevalence of ADHD and autism symptoms** (Harvard 2023, Karolinska 2024). Modern pediatric research strongly recommends including probiotics, omega-3s, and B vitamins to support healthy neuronal connections — exactly the foundation the Einstein Kids line is built on.



# Meet the second brain.

Inside your child's tummy lives a hidden universe of **100 trillion tiny helpers** — and they're constantly texting the brain in their head.

Serotonin

Dopamine

GABA

Vagus Nerve



# The happiness hormones are made in the tummy.

We usually think of the brain in the head as the boss of the body. But there's a **second brain** working just as hard, right inside your child's gut. More than 100 trillion tiny helpers — collectively called the *intestinal microbiota* — live there, and they have a direct line to the mind.

Here's the part most parents have never heard: **about 90% of serotonin** and many other neurotransmitters (the so-called "happiness hormones") are actually produced in the gut. When the tummy is full of healthy helpers, it sends calm, joyful messages straight up the vagus nerve to the brain. When the microbiota is unhappy or out of balance, those same messages turn into mood swings, attention slips, sleep struggles, and behavioral changes.

## THE HEADLINE

**"A healthy gut is the foundation of a happy brain."**

Children with balanced gut bacteria show better attention, language development, and emotional regulation. They sleep deeper. They absorb nutrients more efficiently. They handle stress with more flexibility. And they get sick less often, because **70% of the immune system** also lives in the gut. The microbiome isn't a side character — it's the stage manager of your child's entire show.

**100<sub>T</sub>**

BACTERIA IN THE GUT

**90%**

OF SEROTONIN MADE  
HERE

**70%**

OF THE IMMUNE  
SYSTEM



# The tummy troublemakers.

Modern childhood is full of quiet disruptors. Once you know who they are, they lose most of their power.

**Ultra-processed Food**

**Added Sugar**

**Artificial Colors**

**Screen Time**

**Stress**



# Five everyday habits that *throw the gut off-balance.*

## 01 – FOOD

Frequent ultra-processed foods, artificial colorings, and added sugars feed the wrong bacteria and starve the helpful ones.

## 02 – SCREENS

Excessive screen time disrupts melatonin and dopamine cycles — the same neurotransmitters the gut helps regulate.

## 03 – SLEEP & STRESS

Lack of quality sleep and constant childhood stress raise cortisol, which thins the gut lining and damages microbial diversity.

## 04 – ANTIBIOTICS

Necessary, but frequent or unsupervised antibiotic use wipes out both bad *and* good bacteria, leaving the ecosystem fragile.

## 05 – EARLY LIFE

Cesarean births and lack of breastfeeding can delay full microbiome maturation — supplementation can help close that gap.

## → THE RESULT

**Dysbiosis** — when bad bacteria outnumber the good. It shows up as brain fog, irritability, poor sleep, and frequent illness.

### Build a super gut – starting tomorrow morning

**+ Fermented foods**

Yogurt, kefir, sauerkraut.

**+ Daily movement**

Run, jump, play outside.

**– Hidden sugars**

Read labels carefully.

**+ Smart support**

Targeted neurodevelopment supplements.



MEET THE TRIO

# The complete wellness system.

Created by psychologists and nutritionists, the Einstein Kids line is engineered around a single mission: **strengthen the gut-brain axis**. Three products, three roles, one wonderfully calm, focused, healthy child.



### Smart Biotics

The microbiome multitasker. Probiotics + cognition.



### Genius Shake

Daily brain fuel. Omega-3, protein, fruits & veggies.



### D-Fenz

Daily defense. Vitamin C&D, zinc, curcumin.

We are not vitamins — we are **NEURONUTRITION**.

A HEALTHY MICROBIOME



# A healthy microbiome for little geniuses.

10 probiotic strains

2 prebiotic fibers

3 digestive enzymes

Lion's mane

Magnesium L-threonate

Choline

15B  
CFU

## What it does

Mango-flavored support for the gut-brain axis. **15 billion CFU** probiotics plus prebiotics, digestive enzymes, Choline for memory (*Harvard, 2022*), Magnesium L-threonate for short and long-term memory (*Neuron, 2019*), and Lion's Mane for neuronal regeneration (*IJMM, 2023*).





# Why Smart Biotics is the **microbiome multitasker.**



## Balanced flora

10-strain probiotic blend (15B CFU) plus inulin + galactooligosaccharides repopulate the gut and improve nutrient absorption.



## Memory & focus

Magnesium L-threonate (Harvard 2022) crosses the blood-brain barrier to support short and long-term memory.



## Calm + happy mood

Stimulates serotonin and dopamine production — the gut's natural mood boosters.



## Neuronal regeneration

Lion's Mane (*Hericium erinaceus*) supports nerve growth factor and emotional balance (IJMM, 2023).



## Smoother digestion

Amylase, lipase, and protease enzymes ease tummy aches, gas, and constipation — many families see results within a week.



## Mango. Kids love it.

Naturally mango-flavored, no added sugar. Stir into water, juice, or yogurt — once a day, every day.

### PER 5 G SCOOP · 30 SERVINGS

**15B**

CFU PROBIOTICS

**10**

STRAINS

**80mg**

MG L-THREONATE

**0g**

ADDED SUGAR

SMART NUTRITION FOR DEVELOPING BRAINS



# Genius Shake. Complete daily brain fuel.

Protein

Omega 3

Inulin fiber

Fruits & veggies

Cocoa

Adaptogens

## What it does

Chocolate-coconut shake with **4x more Omega-3**, **3x more fiber**, plus calcium and iron. Whey protein delivers tryptophan + tyrosine (serotonin & dopamine precursors); B6, B12 and folate sharpen focus; polyphenols and adaptogens protect growing neurons.

4x  
OMEGA-3

# GENIUS SHAKE



Protein  
Prebiotic fiber  
Omega 3  
Multivitamin  
Vegetables + Fruits  
Iron and calcium

Powdered Dietary  
Supplement  
Net Wt. 14.11 oz (400 g)

 **Natural  
Chocolate Flavored**



# The brain-building shake your kids will ask for.



## 500 mg Omega-3

EPA 250 mg + DHA 250 mg from flax — critical for myelin formation, language, attention, and emotional regulation (Nutrients, 2023).



## Whey protein isolate

High biological value protein with tryptophan + tyrosine — the building blocks of serotonin and dopamine.



## Real fruits & veggies

Spinach, sweet potato, blueberry, mango, pitahaya, kiwi — natural antioxidants and phytonutrients in every scoop.



## B-vitamin complex

B6, B12, folate, niacin, biotin — the neurotransmission and concentration team, all in their active forms.



## Calcium + iron

Now formulated with calcium citrate and iron gluconate for stronger neuromuscular function and healthy oxygen delivery to the brain.



## Zero junk

No added sugars, no artificial colors, no fillers. Naturally sweetened with allulose. Creamy chocolate-coconut taste, irresistible to kids.

### PER 20 G SCOOP · 20 SERVINGS

**500mg**

OMEGA-3 (ALA)

**5g**

PROTEIN

**B12 333%**

DAILY VALUE

**D 50%**

VITAMIN D

SMART NUTRITION FOR A STRONG IMMUNE SYSTEM



# D-Fenz. Daily immune + focus shield.

Vitamin C & D

Magnesium L-threonate

Tetrahydrocurcumin

Zinc

Niacin (B3)

Inulin

100%  
VEGAN

## What it does

Lime-flavored daily defense. Vitamin D3 supports neuronal maturation, Zinc and Magnesium drive synaptic plasticity, Tetrahydrocurcumin reduces neuroinflammation, and Inulin strengthens the **gut-immune axis** — the foundation of emotional health.





# Less sick days. More play days.



### Vitamin D3 + C

D3 supports neuronal maturation (Brain Sciences, 2024); Vitamin C strengthens natural defenses and antioxidant capacity.



### Zinc + Magnesium

Two minerals that drive synaptic plasticity, cell regeneration, and immune function (AJCN, 2023).



### Curcumin

Tetrahydrocurcumin from turmeric — a powerful antioxidant that reduces neuroinflammation and protects brain tissue.



### Niacin (B3)

Improves cognitive function via NAD+ synthesis — keeping mental energy steady all day.



### Inulin (prebiotic)

Strengthens the gut-immune axis, where 70% of immunity is born — the secret behind fewer infections all season long.



### Lime. Refreshing.

Naturally lime-flavored, no added sugar. Mix once a day in water — kids genuinely love the taste.

## PER 4.5 G SCOOP · 30 SERVINGS

**C 333%**  
VITAMIN C

**D 50%**  
VITAMIN D

**80mg**  
MG L-THREONATE

**Zn 73%**  
ZINC



# Letters from *mommy-tested* kitchens.



"I've only been using Smart Biotics, D-Fenz and the Omega 3 for four days and my son already listens to me more. I'm fascinated."

– MOM OF A 6-YR-OLD



"My son's teacher told me he's more focused in his activities. Not just me — even she noticed the change. So thankful."

– MOM OF A 7-YR-OLD



"My son had terrible concentration. Since he started Einstein Kids, he learned to read, his hyperactivity went down, and his sleep is finally quality."

– MOM OF AN 8-YR-OLD



"My 8-year-old had constipation since infancy — every other day or worse. After Smart Biotics, he goes daily. We're so happy."

– MOM OF AN 8-YR-OLD



"I make pancakes with Genius Shake and oatmeal for breakfast — my kids stay satisfied all morning. Thanks to all three, they haven't been sick this season."

– MOM OF TWO



"It changed our lives. Better emotions, zero illnesses, better appetite, better sleep — even her personality is different. The best I could give her."

– MOM OF A 5-YR-OLD

THE VITALHEALTH PROMISE



# Clean ingredients. *Mommy-approved.* Always.

Born inside DA Psicointegral — a center that has spent 13 years transforming lives through neuroeducation — the Einstein Kids line was designed by psychologists and nutritionists, not marketers. Every ingredient earns its place. Every formula is tested by real children in real homes.



### **Zero added sugars**

Naturally sweetened with allulose and stevia — kid-safe, microbiome-friendly.



### **No artificial colors**

No dyes, no synthetic flavorings — just real ingredients that taste like real food.



### **Science-led formulas**

Every nutrient is included for a documented effect on brain & gut health.



### **Loved by 5,000+ families**

Recommended by 50+ neuroeducation centers across North & Latin America.

Ready to fuel  
your **little genius?**

[vitalhealthglobal.com](https://vitalhealthglobal.com) →

FEED THE BRAIN. FREE THE CHILD.



# Here's to happy tummies & bright minds.

Thank you for reading. If something in these pages made you nod, share this guide with another parent — or come say hi. We'd love to be part of your child's story.



We are not vitamins — we are **NEURONUTRITION.**