

ADEQUATE NUTRITION FOR EACH LIFE STAGE



DID YOU KNOW?



THE TREND FOR TARGETED NUTRITION PER LIFE STAGE IS GROWING AMONGST CONSUMERS AND MANUFACTURERS



NUTRITIONAL REQUIREMENTS VARY ACROSS DIFFERENT LIFE STAGES

EARLY LIFE



THE **1,000** DAYS BETWEEN A WOMAN'S PREGNANCY AND THE CHILD'S 2ND BIRTHDAY HAVE A SIGNIFICANT IMPACT ON THE CHILD'S FUTURE.

Adequate intake of essential micronutrients supports maternal and infant health. Examples include:

- NUTRITIONAL LIPIDS
- VITAMINS & MINERALS
- LUTEIN & ZEAXANTHIN
- NUCLEOTIDES
- OAT BETA-GLUCAN

Nutrition is critical to support growth during a time of rapid development.

KIDS & TEENS



IMMUNITY:

- VITAMINS B6, B12 & FOLIC ACID
- VITAMINS A, C & D
- MINERALS: IRON, ZINC & SELENIUM

COGNITIVE FUNCTION:

- B-VITAMINS
- IRON
- OMEGA-3s

ENERGY AND MUSCULAR STRENGTH:

- VITAMINS B2, B6, B9 & B12
- VITAMINS C & D

ADULTS



ESSENTIAL MICRONUTRIENTS SUPPORT MULTIPLE HEALTH BENEFITS.

The key to success: Develop customized products to suit individual consumer needs. Consumer insights are essential.

- HEART HEALTH
- EYE HEALTH
- ENERGY
- SPORTS RECOVERY
- BEAUTY

IMPORTANT HEALTH BENEFITS THAT CAN BE ADDRESSED WITH THE RIGHT NUTRITION.

HEALTHY AGING



DID YOU KNOW?

PHYSICAL ACTIVITY AND A HEALTHY DIET ARE MORE INFLUENTIAL IN:

- Decreasing the risk of non-communicable diseases
- Slowing disease progression
- Reducing disease symptoms
- Helping avoid deterioration



Health impacts of diet and lifestyle are mediated by circulatory function. omega-3s may reduce risk for cardiovascular disease.



Higher intakes of micronutrients such as vitamins, omega-3s & minerals are associated with a lower risk of developing cognitive deficits.

UNDERSTANDING HEALTH PROFILES IN EACH LIFE STAGE IS VITAL IN ORDER TO ADDRESS RELEVANT CONSUMERS NEEDS.

DSM is continuously investing in market and consumer research in order to better support our customers.



For more information about our consumer surveys, please contact us.

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For DSM, quality is a way of life. Quality for Life™ symbolizes quality, reliability and traceability. This means that our customers are getting the best ingredients, knowing the source on which they depend. Quality for Life™ means sustainability. It is our commitment to our environment, consumers, our business partners, our people and the regulatory framework that governs our operations.