



# Nutrient Support for Dysphagia

“Effective nutritional management is crucial to the health of patients with swallowing difficulties”

(Roslyn Tarrant; clinical nutritionist at St James Hospital, Dublin)

Severe risk of malnutrition, affects energy levels, iron and B12 levels, sleep, bone health, heart health, brain health, general wellness & Immune health

## CONSEQUENCES

## VITAMINS

**Depression | Nervous System**

**B12, D3**

**Brain Function**

**B9, B Complex**

**Anxiety + Fear at Mealtime**

**CBD, Stress Support**

**Weakness from Iron Deficiency**

**Iron Support**

**Immune Health**

**Immune Support, Multi, D**

**Sleep Support**

**Sleep Support**

**Bone + Heart Health**

**D3 with K2**

**Overall Health**

**Multi + Fulvic Minerals**

**65%** of nursing home patients suffer dysphagia