



Serving suggestions for children who don't like to swallow capsules or experience a new taste.

Sometimes for younger children, swallowing a capsule or experiencing a new taste may be challenging. But that's when many of our moms and dads have put on their thinking caps and come up with some creative, fun ways to ensure their kids get the speak® they need.

Many parents have found speak Smooth to be an excellent base for mixing and taking other supplements as well.

Basic Ideas

- Mix in pudding or yogurt
- Stir into applesauce
- Mix with orange juice or any other strongly flavored juice
- Stir into chocolate milk
- Mix with nut butters
- Stir into a smoothie
- Mix into coconut milk

More Creative Ideas

- Squeeze it on waffles and cover with syrup
- Mix with 1 tsp spaghetti sauce
- Mix into 1 bite strawberry ice-cream
- Inject into a slightly warmed hot dog
- Follow with a treat such as an M&M
- Stir into blueberry pudding – a mixture of blueberries, avocado, and honey
- Mix speak with Honest kids fruit punch drink (low in sugar and great taste)
- Add pumpkin spice to a favorite food (e.g. yogurt) and blend with speak
- Mix in 1 sip of cola or other carbonated drink. The fizziness takes away the flavor and it's a treat



Non-food Ideas

- Slowly squirt into mouth with a syringe placed next to cheek so it will bypass most taste buds
- Have child bite capsule and spit out gel cap. Follow with a liquid or bite of food
- Stir into liquid and sip through a straw. Great for improving muscle tone in mouth as well

For more information, please visit www.lifetrients.com or contact us at 800.471.0358 or info@lifetrients.com