

Dumex



Amazing Gut Adventure with Mamil®

Absorb the Greatness of the World



This book belongs to:

DANONE SPECIALIZED NUTRITION (MALAYSIA) SDN BHD 1197701004797 | MPT01020V2

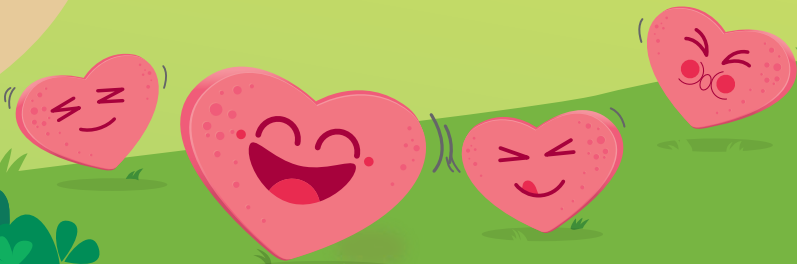
With wipe-clean pages



Welcome, kids!



You're about to embark on
an Amazing Gut Adventure with
Mamil! Along the way, Mamil®
will share with you some
tips to maintain a healthy gut
so that you can
**Absorb The Greatness
Of The World!**



DISCOVER YOUR GUT!

Can you match the parts of your digestive system to the correct label?

FIBRE

PROTEIN

DHA

IRON

MAGNESIUM



ESOPHAGUS



MOUTH



SMALL
INTESTINE



STOMACH



ANUS



LARGE
INTESTINE

Did You Know?

Almost all nutrition that a child needs will be handled by his gut. A healthy gut is crucial in ensuring that the nutrients are broken down into a form that can be easily absorbed by the body and utilized for brain and physical growth.

1. HAVE A HEALTHY & BALANCED DIET

TIPS TO IMPROVE YOUR NUTRIENT ABSORPTION!

Can you find and circle all kinds of healthy foods?



How many of each of these foods can you count in the picture?



Did You Know?

Mamil® is formulated with Unique Prebiotics Mixture GOS/lcFOS (9:1) to help maintain good intestinal environment which support nutrients absorption.

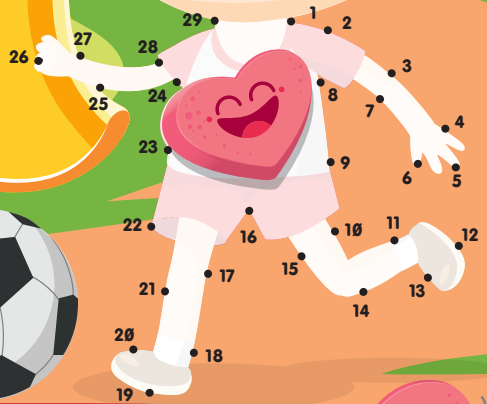


2. STAY FIT & HEALTHY

TIPS TO
IMPROVE
YOUR
NUTRIENT
ABSORPTION!



Follow the numbers and connect the dots to join your friends at the playground.



Did You Know?

Regular exercise helps stimulate the movement of food through the intestine and supports digestion and nutrient absorption.



3. TRY FOOD PAIRINGS

TIPS TO
IMPROVE
YOUR
NUTRIENT
ABSORPTION!

Which food pairings can improve your nutrient absorption? Trace the lines to find out.



VITAMIN C
(E.G. CITRUS FRUITS)



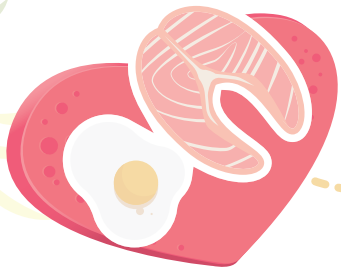
FAT SOLUBLE VITAMINS
(E.G. CARROTS, OILS & NUTS,
DAIRY PRODUCTS)



FAT
(E.G. OLIVE OIL, NUTS)



CALCIUM
(E.G. MILK AND DAIRY PRODUCTS)



VITAMIN D
(E.G. EGG YOLK, SALMON)



PLANT-BASED IRON
(E.G. LEAFY VEGETABLES)

Did You Know?

Strategically combining certain foods can make your meal more nutritious and help your body absorb more nutrients.



4. LOOK AFTER YOUR GUT

TIPS TO
IMPROVE
YOUR
NUTRIENT
ABSORPTION!



Let's go on an A-MAZE-ING Gut Adventure. Follow Mamil® Unique Prebiotics Mixture to find your way out!

PREBIOTICS
(GOS/lcFOS 9:1)

START

FINISH

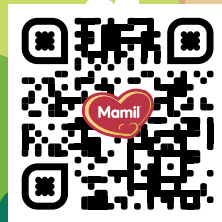
Did You Know?

A healthy gut works like a sponge. It aids the body in the digestion and absorption of nutrients that are essential for growth.

ABSORB THE GREATNESS OF THE WORLD



Get a **FREE Mamil trial pack** delivered to your doorstep!*



Scan here to register!

*Each child is entitled to one trial pack only. Mamil® trial pack is for children aged 1 year and above who are currently drinking growing up milk. Terms and conditions applies (<https://www.mamil.com.my/en/tnc.php>)



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