YSN®

YOUTH SPORT NUTRITION

Ready? Lets begin

The mission

To eliminate youth athlete undernourishment, globally.

Specialised nutrition
A scientifically based group of nutrients needed by active children.

Less food waste
An 18 month shelf life & carefully sourced sustainable ingredients.

Save Money
From £1.99 per serving, combining a premium set of essential ingredients.

Simple
Helping parents keep all of the required nutrients in one place.

Save time
No extra shopping, cooking, chopping or cleaning, just shake it up and go!

No deficiencies
Formulated to counter the common deficiencies of youth athletes.

Welcome

Thanks for your first order.

Welcome and thank you for choosing us!
You're now officially part of the YSN family.

Working in top-flight professional football, I noticed that it's common for youth team players not to eat enough to ensure that their nutritional needs were being met.

As a parent with active kids, it's important to ensure that they have the right tools for growth, health, performance and recovery.

To help, YSN was established to develop a unique product range, ensuring active kids have everything they need to thrive in both life and sport.

I hope you'll have an awesome time with us and find great value in our product offerings.

Lou Antonio

~ Lou Antonio Matera, Founder.

Brain power
Zinc & Iron contribute to normal cognitive function.

Energy
Folate, Iron, Magnesium, Niacin, Pantothenic acid, Riboflavin, Vitamin B6, Vitamin B12 and Vitamin C contribute to the reduction of tiredness and fatigue.

Immunity
Vitamin C contributes to the normal function of the immune system.

The benefits & key ingredients

Bone growth
Vitamin D, Calcium and Phosphorus are needed for the normal growth and development of bone in children.

Making the perfect

NUTRI-TEEN Powder shake

Starting is easy! First, choose the most inconvenient meal to replace (try after early morning, or late evening activity).

Liquid
Add your desired amount of ice cold water or milk to your YSN Shaker.

Scoop
Add in one relative scoop of NUTRI-TEEN Powder. See the guide opposite for amounts.

Shake
For at least 10 seconds (or until smooth). Now sit back and watch your kids enjoy their delicious shake! Yum!

Top Tips

- Play around with the thickness of your childs shake by adding more, or using less liquid.
- Blend a scoop of NUTRI-TEEN Powder in as part of your kids favorite smoothie for a nutritional boost!

Serving guides

for different age groups

We always advocate a food-first approach for active children , but we understand selective eating or lack of time to prepare meals can sometime be an issue.

We developed NUTRI-TEEN Shakes to be used in relative (smaller) daily serving sizes. This ensures that we eliminate the possibility of under-eating or developing any nutritional deficiencies.

Ages:

7 - 10 → 1/2 of a scoop (around 25g)

11-13 → 3/4 of a scoop (around 37.5g)

13+ → 1 scoop (around 50g)

- Please note these values are provided as guidelines only

Subscribe and Save.

Get deliveries on demand, for less. You stay in control:

- Select your flavour
- Choose your frequency
- Set it & go!

Pause, restart, switch flavour or cancel anytime.

Save time and never run out of product again!

NEW!

NUTRI-TEEN Multivitamin and Omega-3 Gummy Bears

Shop now

NUTRI-TEEN GUMMIES

Our children's chewable multivitamin and Omega-3 enriched bear-shaped gummies in a tasty tangy orange flavour!

✔ **Increase your child's energy levels to fight fatigue**

✔ **Boosts their immune health**

✔ **Supports normal cognitive function**

Containing 8 **essential vitamins**, they're super easy to add into your routine and taste great!

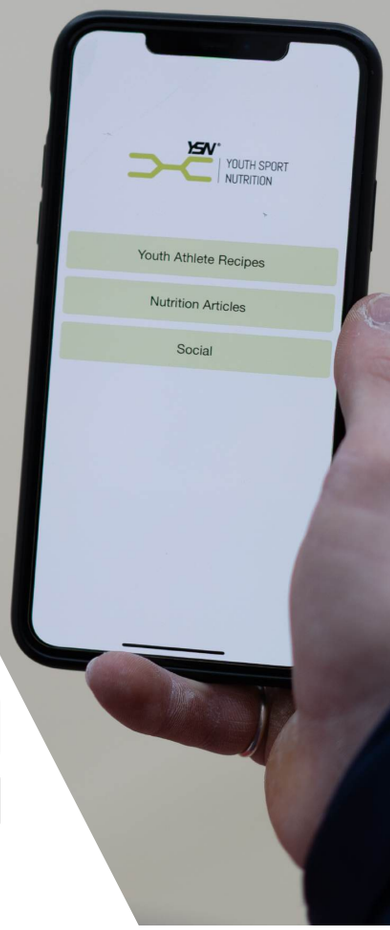
Trustpilot

YSN Kitchen mobile app

Download for free here: App store

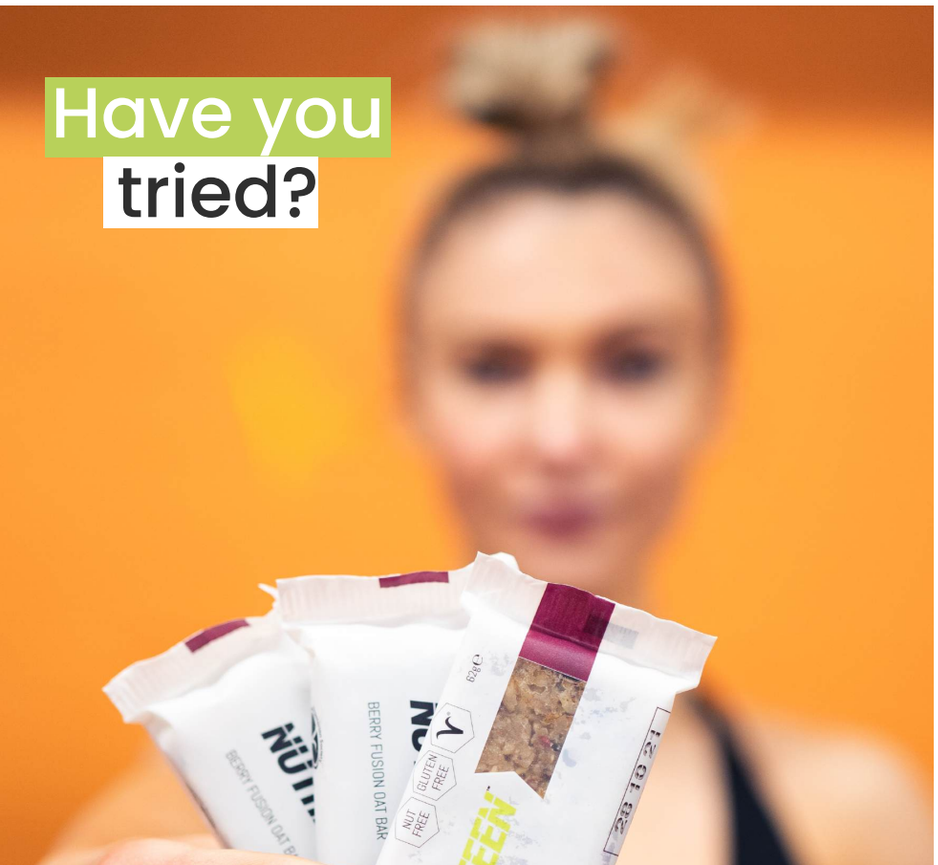
YSN Kitchen is a professional cooking coach for parents and coaches of youth athletes. There's new recipes added weekly and it's free to use.

- ✓ **Budget friendly**
  Most recipes cost under £5 and take under 5 minutes to prepare!
- ✓ **Step by step instructions**
  On how to cook wholesome meals tailored to every part of the training week. This includes breakfast, lunch, snacks, dinner and smoothie recipes.
- ✓ **Quick & easy**
  Supporting busy parents to cook simple, delicious meals with minimum fuss.



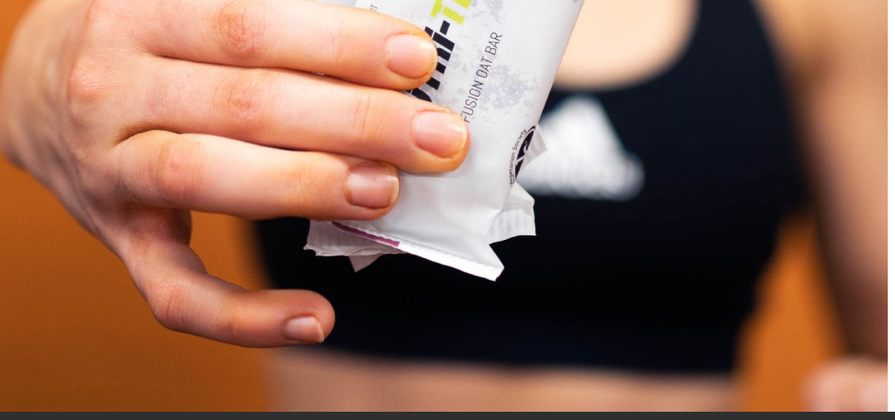
Download on the App Store

GET IT ON Google Play



NUTRI-TEEN™ OAT BAR

- ✓ High-energy gluten free oat bar
- ✓ A blend of oats, honey blueberries, raspberries & strawberries
- ✓ Wholefood, designed to fuel your active kids activity levels
- ✓ Eat on-the-go, before or during sport. Perfect half time snack!
- ✓



No artificial colourings, flavourings, preservatives or additives

Get £20 Cash

by referring YSN to more parents

Shop **Refer** **Save**

Give your friends £10 off their first order.
When your friends buy from your invite link, you get £20 into your PayPal.

Everyones wins!

How?

You'll need a YSN account and a friend.
Get your link:

Refer

Over 1 million servings sold!

We love feedback

Our growth and new ideas are fuelled by our bustling community of hard-working mums, dads and legal guardians.

Share your YSN thoughts and pictures with us.
Connect via social media and join in the discussion.

@youthsportnutrition @youthsportnutrition @teamysn_ youthsportnutrition

Trustpilot

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