

## VITAMINS

**A** – eyesight; stimulate immune system response

**B complex** – conversion of protein, carbohydrate and fat into energy production; detoxification; heart function; nervous system health

**C** – antioxidant; protects cells from damage by free radicals; immune system support; collagen formation and maintenance; healthy gums, skin, vision

**D** – regulates the absorption and use of calcium and phosphorus; formation of bones and teeth; immune system function

**E** – antioxidant; protector of health and function of the nervous system and skin

**F** – (borage oil) – treat atherosclerosis; painful menstruation; high blood pressure

**G** – (riboflavin B2) – carbohydrates-fat-protein metabolism necessary for antibody and red blood cell formation; good for eyes, hair, skin, nails

**H** – (PABA) – growth promoting factor; works in the breakdown and utilization of protein; formation of red blood cells; color restoration; healthy skin, hair; anti-graying

**P** – (citrus bioflavonoids) strengthen integrity of blood vessel walls (capillaries)

## LIPOTROPIC FACTORS

**Choline** – production & transportation of fats from liver; normal nerve & brain function

**Methionine** – essential amino acid; protect against hypercholesterolemia, certain tumors, schizophrenia and Parkinson's disease

**Inositol** – fat metabolism & nerve transmission; cell membrane component; enzyme regulation

**Polyunsaturated fatty acids** – increase HDL (good cholesterol)

**Betaine** – homocysteine metabolism; methyl production

## DIGESTIVE ENZYMES

**Protease** – **Lipase** – **Amylase** – **Cellulase** help in digestion of carbohydrates, fats, and proteins

## MINERALS & TRACE MINERALS

**Calcium** – development of healthy, strong bones, teeth; blood clotting; nerve transmission; heart rhythm

**Iron** – carries oxygen to the body; protein metabolism; resistance of stress and disease; healthy skin, teeth, nails, bones

**Iodine** – healthy hair, teeth, nails, skin; regulates energy production and metabolism rate; enhances thyroid function; prevention of goiter

**Magnesium** – utilization of carbohydrates-fat-protein, phosphorous, calcium, (potassium); maintenance of bones, arteries, heart, nerves, teeth

**Zinc** – digestion and metabolism of phosphorous and protein; in insulin; helps in burn and wound healing; prostate; carbohydrate digestion

**Selenium** – preservation of tissue elasticity; utilization of protein; antioxidant; works with vitamin E

**Copper** – forms elastin with vitamin C; forms red blood cells; determinant of hair and skin color; bone formation

**Manganese** – enzyme activation; maintains sex hormone production; carbohydrate and fat production; respiration of tissue; uses vitamin E for skeletal development

**Chromium** – increases effectiveness of insulin; uptake of blood sugar into the cells and regulates blood sugar levels; stimulation of enzymes in metabolism of energy; healthy blood circulatory system; synthesis of fatty acids, cholesterol and protein

**Molybdenum** – mental function; metabolism of amino acids; necessary for normal growth

**Potassium** – muscle contraction and relaxation, nerve conduction; regulation of the heart beat; produces energy and the synthesis of nucleic acids and proteins

**Boron** – mineral metabolism; enhances calcium absorption and bone density

**Vanadium** – may support healthy blood glucose metabolism

## AMINO ACIDS

**Isoleucine** – formation of hemoglobin

**Leucine** – metabolized in muscle tissue

**Lysine** – virus growth inhibition; stress tolerance and fat metabolism improvement due to its production of carnitine; anti-fatigue; bone growth by helping form collagen

**Methionine** – prevent excessive fat build-up in the liver and premature hair-loss; aid harmful virus detoxification

**Threonine** – prevent fatty build-up in the liver; energy storage source of glucose; in collagen & elastin protein

**Valine** – energy storage source of glucose

**Histidine** – ulcers of the digestive organs treatment; red and white blood cell production

**Arginine** – growth hormone release stimulation; muscle metabolism; nitrogen transportation, storage and excretion vehicle; tissue healing; immune system stimulation

**Aspartic acid** – fatigue resistance increase; (salts) increase stamina & endurance; liver protection; normal cell function

**Serine** – immune system build-up; immunoglobulin & antibody production

**Glutamic acid** – brain metabolism; ammonia detox

**Proline** – joint, tendon, heart muscle function; energy storage

**Glycine** – source of creatine (the most abundant amino acid in the skeleton); glycogen breakdown; non-essential amino acid synthesis by the nitrogen it holds; glucogen production

**Alanine** – fuel for brain, nervous system, muscle; energy storage; nitrogen quality for post injury; immune system; immunoglobulin & antibody production

**Tyrosine** – adrenal, pituitary, thyroid gland function; growth hormone release; red & white blood cell production

**Citrulline** – fatigue recovery; detoxifies ammonia

**Cysteine** – white blood cell activity stimulation to build up the immune system to fight off disease

**Glutamine** – mental ability; muscle cell build-up and endurance; brain fuel; alcohol poisoning protection

**Ornithine** – stimulate growth hormone release; increase muscle mass; decrease fat; immune system & healing support

**Taurine** – in heart, skeletal muscle, central nervous system tissues; control of seizures (due to certain forms of epilepsy); may mimic insulin in the blood stream

## HERBS

**Grape seed extract** – antioxidant; supports immune system; free radical scavenger

**Ginkgo biloba** – memory and brain function; circulation; heart disorders, cholesterol problems; impotence; ringing in the ears; eye degeneration; dizziness (vertigo); asthma; Alzheimer's; senile dementia; allergies

**Red Ginseng extract** – energy and libido enhancer

**Green tea extract** – facilitate functioning of digestive, cardiovascular, and nervous systems; decrease blood pressure; maintain immunity; antiviral and antioxidant

**Garlic** – lower cholesterol & blood pressure; circulation; immune system; arthritis; arteriosclerosis; blood sugar; allergies; bronchitis; asthma; yeast infections

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