

BUILD
RESTORE
ACTIVATE
VITALIZE
ENERGIZE

B.R.A.V.E.

IMMUNI-LYTE

Immunity + Hydration + Electrolytes Dietary Supplement

B.R.A.V.E. Immuni-Lyte is formulated to support immune health, cardiovascular health, skin health, hydration, and energy production.

Our formula uses over 1,000mg of Elderberry, 1500 IU of Vitamin D, whole food Vitamin C, 11 mg of Zinc, flavored with stevia and pink Himalayan salt in an effective evidence based and efficaciously dosed formula.



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.*



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Integrated formulas to optimize your overall health & wellness.

SUGGESTED USE: MIX ONE (1) SCOOP INTO 6-8 OUNCES OF LIQUID.

SPECIFICATIONS

- Flavor: Elderberry
- NET WT. 156 g / 30 Servings

CAUTION:

Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications.

Supplement Facts

Serving Size: 1 Scoop (5.2 g)		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	0	
Total Carbohydrates	1 g	<1%
Dietary Fiber	0 g	0%
Total Sugars	0 g	
Added Sugars	0 g	
Sugar Alcohol	1 g	
Vitamin C (as ascorbic acid, acerola fruit juice powder (<i>Malpighia glabra</i> L.))	1,000 mg	1111%
Vitamin D (as cholecalciferol)	50 mcg	250%
Vitamin B12 (as methylcobalamin)	2.4 mcg	100%
Calcium (as aquamin)	12 mg	1%
Magnesium (as dimagnesium malate, magnesium bisglycinate chelate)	30 mg	7%
Zinc (as zinc bisglycinate chelate)	11 mg	100%
Sodium (as pink himalayan salt)	39 mg	2%
Potassium (as potassium citrate)	43 mg	1%
Elderberry Extract (<i>Sambucus nigra</i> L.) (fruit)	1,000 mg	**
Stevia Leaf Extract	100 mg	**

Percent Daily Values are based on a 2,000 calorie diet

**Daily Values are not established

Other Ingredients: Organic Erythritol, Natural Flavors, Citric Acid, Silicon Dioxide, Fruit & Vegetable Juice Powder (for color)



KEY INGREDIENTS

INGREDIENT	BENEFITS
Vitamin C (Acerola Cherry)	<ul style="list-style-type: none"> • Supports immune, cardiovascular, skin, cognitive, fat burning, and digestive health (97, 98). • Supports immune health via increased oxidant, free radical scavenging, and fueling neutrophilic (immune cell) activity in chemotaxis, phagocytosis, and microbial killing (97,98). • Supports fat burning by increasing carnitine biosynthesis (molecule required for mitochondrial fatty acid oxidation) (97,98). • Supports accelerate bone healing after a fracture, increase type I collagen synthesis, and reduce oxidative stress (inflammation) (98). • Supports reduced DNA damage in the kidney, liver, and bone marrow (318).
Vitamin B-12 (Methylcobalamin)	<ul style="list-style-type: none"> • Metabolically active, methylated form of Vitamin B12 needed for proper DNA synthesis, folate cycle function, energy production, cognitive function, and immune health (51,53). • Aids as an antioxidant via direct scavenging of reactive oxygen species (inflammation), preserving l- glutathione levels (master antioxidant), and reducing oxidative stress (51). • May prevent vitamin B-12 deficiency diseases such as anemia, neurodegenerative disease, cardiovascular disease, and osteoporosis (53).
Zinc	<ul style="list-style-type: none"> • Supports immune function, skin health, cognitive function, and vision (172,173). • Supports stimulation of the innate and adaptive immune system (172,173). • Supports the activation of lymphocytes and activation of innate and T cell mediated immunity (172,173). • Supports cognitive function by modulation of neuronal signaling in areas of the brain associated with memory and learning (hippocampus) (172,173).
Elderberry Extract	<ul style="list-style-type: none"> • Supports antioxidant function, cardiovascular health, combats respiratory infections, and aids as antiviral agent (231,232,233,234). • Supports antioxidant function due to polyphenolic content, increased free radical scavenging ability, and reduced inflammatory cytokines (231,232,233) • May support antiviral activity against pathogens via flavonoids that bind to and prevent H1N1-type IV infection (234). • Supports antimicrobial effects via combating bacteria that cause upper respiratory tract infections (Gram-positive bacteria <i>Streptococcus pyogenes</i> and group C and G <i>Streptococci</i>) (234).

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INGREDIENT	BENEFITS
Magnesium (di magnesium malate)	<ul style="list-style-type: none"> • Supports optimal nerve function, muscle contractions, cardiovascular, bone health, and decreased anxiety (90,91). • Supports biological reactions such as ATP fueled reactions and pancreatic insulin secretion (90,91). • Supports reduction systolic blood pressure, fasting glucose, triglycerides, and healthy HDL levels (90,91). • Reduces peripheral cortisol levels in the central nervous system and supports relaxation and decreased anxiety (90,91).
Calcium	<ul style="list-style-type: none"> • Supports bone health, muscle function, and cardiovascular health (36,37). • Regulates processes of bone resorption, mineralization, and fracture repair (36,37). • Increases the effect of physical exercise on bone mineral acquisition in the period preceding puberty (36,37). • Prevents the development of preeclampsia (36,37).
Vitamin D3	<ul style="list-style-type: none"> • Supports exercise performance, immune health, muscle growth, optimal bone health, hormonal health, immune function, increased sexual health, cardiovascular health, glucose tolerance, strength, and positive mood (77,78,79). • Supports hormonal health via high amounts of vitamin D receptor (VDR) activity in hormone based negative feedback loop reactions (77,78). • Supports cardiovascular health via improved absorption of calcium, reduced atherosclerotic activity, stimulating cardiomyocytes, and improved vascular health (77,78). • Supports exercise performance via reduced exercise associated inflammation and muscle damage (77,78). • Supports sexual health via increased activity of Vitamin D receptor activity of testosterone production (79). • Supports immune function via decreases of inflammatory cytokines and aiding immune cells (77,78). • Supports joint health via regulating calcium and phosphorus and bone remodeling along with other calcium-regulating actions (77,78).
Potassium	<ul style="list-style-type: none"> • Supports reduced blood pressure in hypertensive patients and improves hydration in individuals with low potassium levels and may boost hydration (262).
Pink Himalayan Salt	<ul style="list-style-type: none"> • High in polyphenols, antioxidants, and may boost hydration.