

# LIMBIC ARC BOOSTS

The following list is just a guide and not intended to treat, prevent, or diagnose diseases or medical conditions. If a person is sick or injured, they should seek competent professional medical assistance immediately.

Additions have been made to the individual boosts from research on nutritional sites on the web. The additions are italicized.

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## LIMBIC ARC BOOSTS

**Acerola:** A fruit rich in Vitamin C, Vitamin A, Niacin, Riboflavin, and Thiamine. **Benefits:** *Diabetes, Metabolism, Digestion, Depression, Immune Support, Cardiovascular Health, Cancer Prevention, Eye Health, and Anti-Aging.*

**Adrenalinum Homaccord:** A non-pharmacological homeopathic remedy (multiple potencies). **Benefits:** *Lung Congestion, Asthma, Hay Fever, Sinuses, Tinnitus from High Blood Pressure, Fatigue, Energy, Sleep, Blood Pressure, Allergies, Endurance, & Strength.*

**Alpha Linolenic Acid (Omega-3):** An essential Omega-3 fatty acid. **Benefits:** *Strokes, Controls Blood Clotting, Arthritis, Asthma, Depression, Menstrual Pain, Cardiovascular Health, Obesity, Cancer, Diabetes, Reducing Inflammation, Chronic Disease Generally, & Cell membrane integrity.*

**Amylase:** An enzyme that triggers the digestion of starch (carbs). **Benefits:** *Energy, Diabetes, Reducing Stress, Malnutrition, Cancer Prevention and alternative to treatment, Fatigue, and Digestive Problems.*

**Apricot Kernel Oil:** Rich in Vitamins K & E, and Omega 6 Fatty Acids. **Benefits:** *Cancer, Acne, Respiratory Health, Promotes Healthy Skin & Hair, Allergies, and Inflammation.*

**Ashwaganda:** Reduces Chronic Stress and Normalize the Body Generally. **Benefits:** *Blood Sugar Regulation, Cancer Prevention, Stress, Depression, Increase Fertility in Men, Increase Muscly Mass and Strength, Inflammation, Lowers Cholesterol and Triglycerides, Anxiety, Chronic Pain, Liver Disease, Increase Sexual Desire, Immune Support, and Insomnia.*

**Astaxanthin:** Antioxidant Carotenoid Pigment. **Benefits:** *Inflammation, Joint Pain, Endurance, Eye Health, Immune Health, Alzheimer's Prevention, Prostate, Resistance to Colds, Diabetes, Gum Disease, Reproductive Health, Oxidative Damage, Cancer Treatment, Healthy Skin, Strength, Cardiovascular Health, Pain, High Blood Pressure, and Male Fertility.*

**Astragalus:** Helps the body manage Stress and maintain overall Balance. **Benefits:** *Prevents Growth of Tumors, Diabetes, Anti-Oxidative, Colds & Flu, Chronic Asthma, Immune Booster, Inflammation, Cardiovascular Health, Cancer Treatment, Symptoms of Chemotherapy, Promotes Wound Healing, Anti-Aging, and Respiratory Health.*

**Balsam Fir – essential oil:** Distilled from Fir Needles. **Benefits:** *Infections, Scabies, Wound Healing, Skin Conditions, Gastric Ulcers, Inflammation, Cough & Congestion, Urinary Infections, Gonorrhea, Anxiety, Depression, Respiratory Health, Immune Support (Sore Throat), Pain, and Fatigue.*

**Basil (Holy) – essential oil:** Distilled from the Basil Plant. **Benefits:** *Nausea, Motion Sickness, Indigestion, Constipation, Respiratory Health, Diabetes, Wound Healing, Immune Support, Fatigue, and Inflammation.*

**Beet Leaf:** Greens contain Iron, Calcium, Magnesium, Folate, Lutein, Beta-Carotene, Vitamins K, A, C, and Copper. **Benefits:** *Anti-Inflammatory, Anti-Oxidant, Dementia, Anemia, Liver Health, Nerve Health, Eye Health, Diabetes, Cardiovascular Health, High Blood Pressure, and Cancer.*

**Bergamont:** A delicious Citrus Fruit. **Benefits:** *Antispasmodic, Depression, Antiseptic, Antibiotic, Anti-Inflammatory, Digestive Stimulant, Relaxant, Sedative, General Tonic the balance body systems.*

**Bifidobacterium Bifidum:** Help ward off invasive, harmful bacteria and other microorganisms, including yeast. Produces lactic acid, which provides up to 70% of the energy required by cells that line the intestinal wall, enhancing the protective barrier in the gut. The resulting environment facilitates the absorption of minerals such as Calcium, Copper, Magnesium, Iron, and Zinc. It also produces B-Complex Vitamins and K. Natural Bifidobacterium decreases with age. **Benefits:** *H. Pylori, IBS, Replenish Good Bacteria, Constipation, Lung Infections, Ulcerative Colitis, and certain kinds of Diarrhea.*

**Bifidobacterium Longum:** Help ward off invasive, harmful bacteria and other microorganisms, including yeast. Produces lactic acid, which provides up to 70% of the energy required by cells that line the intestinal wall, enhancing the protective barrier in the gut. The resulting environment facilitates the absorption of minerals such as Calcium, Copper, Magnesium, Iron, and Zinc. It also produces B-Complex Vitamins and K. Natural Bifidobacterium decreases with age. **Benefits:** *Anti-Oxidant, Anti-Inflammatory, Allergy and Cold Symptoms, Gastrointestinal Health, Weight Management, Bone Health, Colon Cancer Prevention, Cholesterol-Lowering, and Depression.*

**Biotin:** (Vitamin B7, Vitamin H, and Coenzyme R). Required for the synthesis of Fatty Acids and Amino Acids and in the manufacture of Glycogen. Enzymes necessary for the utilization of Biotin are activated by Manganese. **Benefits:** *Healthy Metabolism, Blood Sugar Regulation, Healthy Nails, Brain and Cognitive Health, Cardiovascular Health, Supports Thyroid and Adrenal Function, Builds and Repairs Tissues and Muscles, Anorexia, Candidiasis, Depression, Hyperactivity, Memory Problems, Skin Conditions, and Balding.*

**Black Walnut:** **Benefits:** *Immune Health, Antifungal, Skin Health, Digestion, Respiratory Health, Cancer Prevention, Cardiovascular Health, Weight Management, Blood Sugar, Male Fertility, Cognitive Health, Antioxidant, Bone Health, & Stress.*

**Bloodroot (Sanguinaria): Benefits:** *Respiratory Health, Cardiovascular Health, Immune Support, Gingivitis, Some Cancers, & Anti-bacterial.*

**Blue Tansy – essential oil (Tanacetum Annuum):** From the Daisy Flower. **Benefits:** *Wound Healing, Muscle Relief, Arthritis, Allergy Relief, Calming, Mental Clarity, Minor Injuries, & Positive Mood.*

**Blueberry: Benefits:** *Cholesterol, Blood Pressure, Memory, Diabetes, Urinary Tract Infection, Muscle Damage from Exercise, Cognitive Health, Anti-aging, Cardiovascular Health, Various Cancers, Oxidative Stress, Inflammation, & Weight Management.*

**Brewer's Yeast: Benefits:** *Energy, Nervous System Health, Blood Sugar Regulation, Acne, Fat Loss, Sleep, Skin Health, Detox, Thyroid Regulation, Immune Support, Chronic Fatigue, & Type II Diabetes.*

**Butterbur: Benefits:** *Coughs, Headaches, Anti-Inflammatory, Colds, Fever, Spasms, Pain, Migraines, Allergies, Asthma, Ulcers, Antioxidant and Immune Support.*

**Caffeine:** Causes the brain to overproduce dopamine. **Effects:** *Raising Blood Pressure, Increasing Pulse Rate, & Stimulating the Heart Muscle. Stimulates the Respiratory Center, Nerve Centers, and Increases Diuresis. One of the best stimulants of the Vasomotor Centers. Benefits: Memory, Keeps You Alert, Stimulate Hair Growth, Relieves Post-Muscle Workout, Protection against Parkinson's & Alzheimer's, Increases Stamina, protects against Cataracts, decreases risk of Skin Cancer, Decreases Risk of Suicide, Erectile Dysfunction, Tinnitus in Women, Decreases Risk of Kidney Stones, Asthma, Helps Keep Weight Off, Chronic Inflammation, and Cardiovascular Health.*

**Calcium: Benefits:** *Weight Loss, Cardiovascular Health, Prevents Colon Cancer, Prevents Kidney Stones, Decreases Acid in the Body, Regulates Blood Pressure, Healthy Teeth, Bone Health, Energy Production, Heart Health, & Cancer Prevention.*

**Cayenne: Benefits:** *Sore Throat, Cough, Congestion, Anti-Fungal, Prevents Migraines, Degenerative Conditions, Blood Clots, Detox, Anti-Bacterial, Longevity, Weight Management, Cardiovascular Health, Toothache, Pain, Hypertension, Ulcers, Antioxidant, Antiparasitic, Antimicrobial, and Antiviral (Herpes).*

**Cedar Atlas – essential oil:** Egyptians used it for Spiritual Embalming purposes. **Benefits:** *Insect Repellent, Astringent, Antiseptic, Prevents Infections, Inflammation, Spasms, Increases Metabolism, Diarrhea, Diuretic, Obesity, Hypertension, Gout, Stimulates Menstruation, Cough, Sedative Effect, Fungal Infections, Bronchitis, Dandruff, Stress, Kidney Disorders, Grounding and Calming, Combats Negativity, Chaos or Conflict, Acne, Arthritis, Bronchitis, Coughing, Cystitis, Dandruff, Dermatitis, & Stress. Often used for Better Meditation.*

**Chamomile, German essential oil:** Member of the Daisy Family. **Benefits:** *Removes Toxic Agents, Prevents Infection, Relieves and Improves Depression, Reduces Anger, Treats Rheumatism, Skin Care, Relieves Pain, Removes Excess Gas, & Tones the Body, Relaxes the Nervous System and Soothes the Digestive Tract, Sleep, Supports Intestinal Mobility, and Tissue Repair.*

**Chlorophytum Borivillianum:** **Benefits:** *Obesity, Cholesterol, Respiratory Disorders, Antifungal, Sexual Health, and Antioxidant.*

**Chocolate, Dark:** Antioxidant & Superfood. **Benefits:** *Improves Blood Flow, Raises HDL's (Good Cholesterol), Protects Skin from Sun, Improves Brain Function, Stress Reduction, Blood Pressure Regulation, Heart Health, Diabetes, Syndrome X, Weight, Inflammation, and Eye Health.*

**Cinnamon – essential oil:** **Benefits:** *Immune Function, Fights Brain Disease, Insulin Sensitivity, Source of Fiber, Halitosis, Lower LDL's (Bad Cholesterol), Increase HDL's (Good Cholesterol), Tooth Health, Pain, Weight Loss, Colds, Increase Sexual Drive, Skin Health, Blood Sugar Regulation, Heart Health, Anti-Viral, Cancer, & Inflammatory Conditions.*

**CLA (Conjugated Linoleic Acid):** **Benefits:** *Cardiovascular Health, Osteoporosis, Immune Health, Weight Management, Strength, Anti-inflammatory, Allergies, Digestive Health, and Some Cancers.*

**Clary Sage – essential oil:** **Benefits:** *Anti-Bacterial, Depression, Menstrual Problems, Labor Pains, Asthma, Coughing, Sore Throat, Energy, Stress, & Gas.*

**Clove – essential oil:** **Benefits:** *Acne, Skin Conditions, Candida, Dental Health, Increases Libido, Antiseptic, Immune Health, Blood Circulation, Digestion, Prevents Ulcers, Anti-Inflammatory, Nausea, Blood Thinner, Anti-Bacterial, Stress, Pain, Respiratory Health, Sty, Earache, Purifies Blood, Diabetes, Prevents Cancer, Hair Health, Protects the Liver, Herpes Simplex, Arthritis, Rheumatism, Asthma, Bronchitis, Injury (Sprains & Strains).*

**Cordyceps Sinensis:** **Benefits:** *Endurance, Energy, Healing Tonic, Increase Libido, Renal Function, Chronic Cough, Bronchitis, Asthma, Anti-Inflammatory, Anti-Oxidant, Opium Addiction, Hepatitis, Stress, Fatigue, Diabetes, Depression, Respiratory, Health, Blood Sugar Regulation, Anti-Aging, Cardiac Health, Sexual Health, and Immune Support.*

**Creatine:** **Benefits:** *Parkinson's Disease, Neurological Diseases, Diabetes, Regulates Blood Sugar Levels, Brain Function, Fatigue, Tiredness, Strength and Muscle Health.*

**Crocin:** **Benefits:** *Stomach Aches, Headaches, Insomnia, Depression, Aphrodisiac, Mood Enhancer, Blood Sugar Regulation, Respiratory Health, Cognitive Health, Pain, Detox, Weight Management, and some Cancers.*

**Curcumin:** Found in Turmeric. **Benefits:** *Boosts Immune System, Joint Health, Cognitive Function, Reduces Cholesterol, Wound Healing, Skin Health, Menstrual Problems, Depression, Anti-Aging, Digestive Health, Cancer Prevention, Anti-Inflammatory, Anti-Oxidant, Pain, Weight Management, Depression, DNA Repair, Mental Clarity.*

**Damiana: Benefits:** *Bedwetting, Constipation, Indigestion, Increase Stamina, Calms the Nervous System, Mood Enhancer, Stomach Ulcers, Weight Management, Bladder Infections, Digestion, Antioxidant, Headaches, Vaginal Dryness, Asthma, Aphrodisiac, Sexual Health, Energy, Asthma, Depression, Impotence, and Menstrual Problems.*

**DHA (Docosahexaenoic Acid – Omega 3 Fatty Acid):** From a non-GMO micro-algae. **Benefits:** *ADHD, Inflammation, Muscle Recovery after Exercise, Eye Health, Cancer, Prevents Alzheimer's Disease, Lowers Blood Pressure, Increases Circulation, Men's Reproductive Health, Mental Health, Brain Health, Nerve Health, Cardiovascular Health, Hormone Balance.*

**Echinacea Purpurea:** From the Sunflower Family. **Benefits:** *Prevents General Sickness, Skin Health, Cancer, Sunburn, Decreases chances of Recurring Infections, Laxative, Mental Health, Immune Support, Pain, Respiratory Problems, & Inflammation.*

**EPA (Eicosapentaenoic Acid): Benefits:** *Heart Health, Joint Health, Support for Development, Weight Management, Depression, Psoriasis, Lupus, Cholesterol Reduction, Asthma, Cardiovascular Disease, ADHD, Autoimmune Disease, Rheumatoid Arthritis, and Cancer.*

**Eucalyptus (Globulus) – essential oil: Benefits:** *Wound Healing, Mental Exhaustion, Muscle Pain, Dental Health, Lice, Intestinal Germs, Skin Health, Antiseptic, Respiratory Health, Digestive Aid, Immune Support, Viral and Fungal Infections, and Mucous Membrane Health.*

**Evening Primrose Oil:** Rich in Essential Fatty Acids (EFA's). Most of its benefits come from Gamma Linolenic Acid (GLA) which is an Omega-6 Fatty Acid. **Benefits:** *Chronic Headaches, Anti-Aging, Alcoholism, Cardiovascular Health, Weight Management, PMS, Anti-Aging, Joint Pain, Skin Conditions & Irritations, Anti-Inflammatory, Menopause, Perimenopause, Immune Support, and Arthritis.*

**Fenugreek: Benefits:** *Menstrual Symptoms, Lowers Cholesterol, Suppresses Appetite, Cardiovascular Health, Diabetes, Constipation, Kidney Health, Sore Throat, Wound Treatment, Inflammation, Gastrointestinal Ailments, Metabolism, Muscle Aches, Digestive Aid, Respiratory Health, Immune Support, Promotes Lactation, Aphrodisiac, Blood Sugar Regulation, Fevers, Lymphatic Congestion, & Cancer.*

**Fish Oil: Benefits:** *Weight Loss, Skin Health, Pregnancy Health, Fertility, Hair Health, Blood Circulation, High Blood Pressure, Heart Disease, Cholesterol, Depression, Anxiety, ADHD, Immune System Health, Diabetes, Inflammation, Arthritis, IBD, AIDS, Alzheimer's, Eye Disorders, Macular Degeneration, Ulcers, and Cancer.*

**Flax Seed:** Short-chain Omega-3 Fatty Acid. **Benefits:** *Anti-Inflammatory, Skin & Hair Health, Lowers Cholesterol and Lipids, Digestion, Menopause, Cardiovascular Health, Detox, Diabetes, Anti-Oxidant, Some Cancers.*

**Folate:** Biological active form of B9 (Folic Acid). **Benefits:** *Heart Health, Healthy Brain Function, Mood Enhancer, Depression, Anti-Aging, Healthy Pregnancy and Fetal Development, Decrease Risk of Cancer, Liver Health, Kidney Health, Sperm Viability, Decreases Risk of Stroke, Cholesterol, Colon Health, Decreases risk of Macular Degeneration, DNA and RNA production at the cellular level, Amino Acid Metabolism, and Cell Division.*

**Frankincense – essential oil (Boswellia Carterii):** **Benefits:** *Prevents Premature Hair Loss, Stretch Marks & Scars, Bronchitis, Congestion, Stress, Anxiety, Antiseptic, Anti-Aging, Digestion, Diuretic, PMS Symptoms, Uterus Health, Dental Health, Cancer, Respiratory Health, Memory, Mental Clarity, Depression, Immune Enhancing, Skin Conditions, Hormone Balance, Energy, & Sleep. NOTE: Do not use during pregnancy.*

**Gamma-Linoleic Acid (GLA):** **Benefits:** *PMS/Menstrual Cramps, Menopausal Hot Flashes, Acne, Lowers Cholesterol, Cancer, Diabetic Neuropathy, Arthritis, Atopic Dermatitis, ADD, Pain, Nerve Pain, and Lung Health.*

**Garlic: Benefits:** *Anti-Cancer, Cholesterol Lowering, Atherosclerosis, Regulates Blood Pressure, Oxidative Stress, Circulatory Health, Impotence, Stabilizes Blood Sugar, Candida (Yeast), Burns, Reduces Fatty Liver, Liver Cleanse, Natural Antibiotic, Osteoarthritis, Iron Metabolism, Insect Bites, Metal Poisoning, Herpes, Allergies, Sinusitis, Snoring, Toothache, Gingivitis, Prevents Cataracts, Sty, Back Pain, Cough, Food Poisoning, Asthma, Mosquito Repellent, Weight Loss, Hair Loss, Acne, Wrinkles, Anti-Aging, Immune Support, Cleansing Kidneys, Anti-Bacterial, Anti-Virus, Anti-Fungal, and Aphrodisiac.*

**Geranium (Rose) – essential oil: Benefits:** *Hormone Balance, Stress, Depression, Inflammation, Circulation, Menopause, Dental Health, Hypertension, Skin Health, Antifungal, Insect Repellent, Cancer, and Side Effects from Cancer Treatment.*

**Ginger, Black (Kaempferia Parviflora):** **Benefits:** *Erectile Function, Increases Physical Performance and Muscular Endurance, Psoriasis, Inflammation, Circulation, Edema, Anti-Allergy, Stroke Prevention, Lowers Blood Glucose, Reduces Triglycerides, Gastric Ulcers, Antidepressant, Male Hormone Health, Weight Management, Energy.*

**Ginko Biloba: Benefits:** *Memory, Inflammation, Circulation and Heart Health, Brain Function, Well-Being, Anxiety, Depression, Eye Health, Headaches and Migraines, Asthma, COPD, PMS Symptoms, Sexual Dysfunction, Mental Clarity, Dementia, Alzheimer's Disease, Tinnitus, Oxidative Stress, and disorders where deficient blood flow is common.*

**Ginseng, American (Panax Quinquefolis): Benefits:** Immune Enhancing, Anti-Inflammatory, Digestive Health, Mental Clarity, Energy, Blood Sugar Reduction, Male Sexual Health, Respiration, & Pain.

**Ginseng, Panax: Benefits:** *Health & Well-Being, Diabetes, Erectile Dysfunction, Immune Support, Energy, Anti-Oxidant, Anti-Inflammatory, Memory, Concentration, Alzheimer's Disease, Calmness, Clarity, Mental Stress, Anxiety, Depression, Mental Psychosis, and Cancer*

**Ginseng, Tibetan (Rhodiola): Benefits:** *Cognition, Weight Loss, Energy, Cancer Prevention, Sexual Health, Adrenal Fatigue, Depression, Anxiety, Fatigue, Heart Health, Strength, Immune Support, Stress, and Blood Sugar Regulation.*

**L-Glutamine: Benefits:** *Leaky Gut, Ulcers, Brain Health, IBS, Diarrhea, Increases Muscle Growth, Athletic Performance, Fat Burner, Diabetes, Supporting Protein Synthesis, Acid-Base Regulation Injury Repair, Digestive Health, & Disease Recovery.*

**Glutathione: Benefits:** *Cancer Prevention & Treatment, Heart Health, Anti-Aging, Eye Health, Cognitive Function, Psychological Disorders, Anti-Oxidant, Immune Support, Detox, Cystic Fibrosis, and Autoimmune Disorders.*

**Goji Berry (Wolfberry): Benefits:** *Gastrointestinal Function, Reduce Stress & Fatigue, Neurological and Psychological Performance, Prevents Diabetes, Controls Cholesterol Levels, Free Radical Scavenging, Cardiovascular Protection, Maintains Healthy Body, Protects Brain Cells, Protects Liver Damage, Skin Care, Improves Sleep, Increases Semen & Sperm Quality, Vision, Anti-Oxidant, Depression, Heart Health, Memory Loss, Immune Support, and Anti-Aging.*

**Helichrysum – essential oil:** Member of the Daisy Plant. **Benefits:** *Spasms, Heart Health, Allergies, Blood Clots, Fevers, Cough, Protects the Nervous System, Infections, Expectorant, Digestion, Wound Healing, Dehydration, Stimulates Urination, Weight Loss, Anemia, Cell Health, Congestion, Herpes, Arthritis, Sinusitis, Colitis, Neuralgia, Varicose Veins, Mental Function, Anti-Inflammatory, Antimicrobial, Astringent, Treats Scar Tissue, Liver Health, Anti-Fungal, Stress Reduction, Allergies, Energy, and Skin Health.*

**Hericium Erinaceus (Lion's Mane Mushroom):** **Benefits:** *Lowers Cholesterol, Immune Health, Digestion, Liver Health, Cognitive Function, Fatigue, Prevents Atherosclerosis, Nerve Health, Ulcers, Diabetes, Memory, Brain Function, Depression, Anxiety, Alzheimer's Disease, Dementia, IBS, Parkinson's, Cancer, Anti-Oxidant, Wound Healing, Gastric Ulcers, & Weight Management.*

**Hibiscus:** **Benefits:** *Antioxidant, Lowes Cholesterol, Liver Health, Cancer, Anxiety, Depression, Weight Loss, Digestion, Skin Health, Oxidative Stress, Menstrual Pain, Thirst Quencher, Anti-Bacterial, Anti-Viral, Diabetes, Hypertension, Immune Support, & Wound Healing.*

**Holy Basil:** **Benefits:** *Stress, Enhanced Metabolism, Sexual Health, Sleep, Memory, Exhaustion, Anxiety, Dental Caries & Plaque, Brain Health, Anti-Inflammatory.*

**Hops:** **Benefits:** *Stress, Sleep, Menopause, Muscle Relaxation, Cognitive Health, Cancer, Allergies, Hair Health, Heart Health, Osteoporosis, Female Sexual Health, Weight Management, Depression, Anxiety, Insomnia, Immune Support, Gout.*

**Horny Goat Weed:** **Benefits:** *Hypertension, Bronchitis, Coronary Heart Disease, Polio, Joint Pain, Anti-Aging, Immune, and Low Back or Knee Pain, Erectile Dysfunction.*

**Jasmine -essential oil:** **Benefits:** *Increases Libido, Scars, Cough, Insomnia, PMS or Menopause, Skin Health, Facilitates Lactation, Spasms, Eczema, Dermatitis, Sedative, Protects the Uterus, Narcotic Addiction, Antiseptic, Aphrodisiac, Detox, Antidepressant, & Calming.*

**L-Alanine:** **Benefits:** *Diabetes, Bodybuilding, Prostate health, Blood Sugar Regulation, Energy, stress, Male Sexual Health, & Liver Disease.*

**L-Arginine:** **Benefits:** *Injury Recovery, Wound Healing, Kidney Function, Immune & Hormone Support, Lowers Cholesterol, Sexual Health, Energy, Builds Muscle, Erectile Dysfunction, Male Sexual Health, Cardiovascular Health, & Strength.*

**L-Asparagine:** (Produced by the body). **Benefits:** *Strength, Nerve Health & Tissue Repair.*

**L-Aspartic Acid:** (Produced by the body). **Benefits:** *Metabolism, Fatigue, Depression, Sharpens the Mind, Energy, Strength, Cognition, and Memory.*

**L-Citruline:** **Benefits:** *Exercise Performance, Vasodilator, Increases Nitric Acid, Cardiac Health, Energy, and Strength.*

**L-Cysteine:** (A building block for Glutathione). **Benefits:** *Angina, Cardiovascular Health, Bronchitis, Diabetes, Flu, Inflammation, Inflammatory Bowel Disease, Osteoarthritis, Anti-Oxidant, reduces toxic effects of Alcohol (Liver Damage and Hangover), Male Sexual Health, OCD, Bipolar Disorder, Respiratory Health, & Supports Digestion.*

**L-Glutamic Acid:** (Involved in the synthesis of other neurotransmitters, such as GABA). **Benefits:** *Metabolizes Fats & Sugars, Detoxifies Ammonia in the Brain, Childhood Behavioral Disorders, Heart Health, Energy, Strength, Supports Digestion, Gut Health, and Muscle Tissue Repair.*

**L-Histidine:** **Benefits:** *Anti-Fungal, Energy, Strength, Anti-Inflammatory, Allergies, Ulcers, and Anemia due to Kidney Disease.*

**L-Isoleucine:** (Essential Amino Acid). **Benefits:** *Energy, Strength, Muscle Integrity, Blood Sugar Regulation, and Hemoglobin Formation.*

**L-Leucine:** (Essential Amino Acid). Powerfully Stimulates Protein Synthesis. **Benefits:** *Maintains Blood Sugar Levels, Increases Growth Hormone Production, Endurance, Energy, Strength, and Muscle Integrity.*

**L-Lysine:** (Essential Amino Acid). **Benefits:** *Lowers LDL, Production of Collagen (Bone, Tendon, Cartilage, and Connective Tissue Health), Treating Herpes Virus (Cold Sores, etc.), Anxiety, Some Cancers, Immune Support, Weight Management, Energy, and Strength.*

**L-Methionine:** (Produced by the body). **Benefits:** *Removes Fat from the Liver, Metabolism, Reduces Histamine Levels, Energy, Strength, Anti-Oxidant, Cardiovascular Health, Treats Herpes Virus, Anti-Aging, Detox, Female Fertility, and Some Cancers.*

**L-Ornithine:** (Produced by the body). **Benefits:** *Energy, Strength, Liver Health, Fatigue, and Supports Human Growth Hormone.*

**L-Phenylalanine:** (Essential Amino Acid). **Benefits:** *Brain Health, Strong Bones and Joints, Energy, Strength, Treating Caffeine and Alcohol Addiction, Skin Disease, MS, & Pain.*

**L-Proline:** (Produced by the body). **Benefits:** *Energy, Strength, and the Production and Repair, of Cartilage, Collagen, Tendons, Heart Muscle, and Ligaments.*

**L-Serine:** (Produced by the body). **Benefits:** *Energy, Strength, & Neurodegenerative Diseases – ALS (Lou Gehrig's Disease).*

**L-Threonine:** (Essential Amino Acid). **Benefits:** *Formation of Collagen and Elastin in the Skin, Fatty Liver, Liver Health, Absorption of Nutrients, Produces Antibodies, Energy, Strength, Nervous System Disorders like Spasticity, MS, and ALS (Lou Gehrig's Disease).*

**L-Tryptophan:** (Essential Fatty Acid). **Benefits:** *Mood Lifting, Stress, Anxiousness, Sleep, Energy, A precursor to 5-HTP (5-Hydroxytryptophan), Serotonin, Melatonin, and Vitamin B6*

**L-Tyrosine:** (Produced by the body). **Benefits:** *Production of Neurotransmitters, Synthesizes Proteins, Regulates Emotions, Stress, Staying Sharp and Alert, Treating PKU (Phenylketonuria), Depression, Anxiety, Memory Improvement, and other Cognitive Conditions.*

**L-Valine:** **Benefits:** *Insomnia, Immune Health, Soothes the Nervous System, Cognitive Health, Energy, Strength, Muscle Damage Repair, & Increased Endurance.*

**Lactase:** **Benefits:** *Lactose Intolerance, Reduces Gas & Bloating, Irritable Bowel Syndrome, Digestive Upset in children with Autism, and Digestion Issues.*

**Lactobacillus Acidophilus:** (A Probiotic). **Benefits:** *Decreases Cholesterol, Diarrhea, IBS, Vaginal Infections, Weight Loss, Cold and Flu Symptoms, Allergy Symptoms, Eczema, Protects the Gut Lining, Defense Against Yeast Overgrowth, and General Immune Support.*

**Lactobacillus Casei:** (A Probiotic). **Benefits:** *Pollen and Newborn Allergies, Digestion, Immune Health, Liver Health, Bladder Cancer, Lactose Intolerance, Lowers Cholesterol, Increases HDL, Lowers Triglycerides, Lowers Blood Pressure, Supports and Heals the Gut and other Mucosal Linings.*

**Lactobacillus Gasseri:** **Benefits:** *Inflammation, Allergies, Asthma, Constipation, Diarrhea, H-Pylori, Menstrual Pain, Weight Management, Allergies, Respiratory Health, Digestive Health, Cholesterol Management, and Female Sexual Health.*

**Lavender – essential oil:** **Benefits:** *Bug Repellent, Relieves Stress & Anxiety, Acne, Pain, Stimulates Urine Flow, Respiratory Disorders, Mental Health, Female Sexual Health, Sleep, and Cardiac Health.*

**Lemon – essential oil:** **Benefits:** *Cleansing, Purification, Thirst Quencher, Colic, Nausea, Skin Health, Weight Loss, Oral Health, Cough, Stimulates Lymphatic Drainage, Antimicrobial, Anti-Tumor, Mood Enhancer, Clear Mucus & Phlegm, Allergies, Detoxification, Respiratory Health, Immune Support, Anti-Inflammatory, pH Balancer, Pain, and Digestive Health.*

**Leucine:** **Benefits:** *Muscle Health, Strength, Metabolic Functions, Mental Health, and Endurance.*

**Lipase:** (Enzyme that triggers the digestion of Fat). **Benefits:** *Supports Metabolic Syndrome, Immune Function, Digestive Health, Celiac Disease, & Resolves Nutrient Deficiency.*

**Lithium Orotate:** **Benefits:** *Mood Stabilizer, Alcoholism, Alzheimer's Disease, Anxiety, ADHD, Bipolar Disorder, Cluster Headaches, Depression, Glaucoma, Insomnia, Migraines, Parkinson's Disease, Mental Health, Sleep, Headaches, and PTSD.*

**Lotus:** **Benefits:** *Bowel Function, Regulates Blood Pressure, Weight Management, Mood Enhancer, Anemia, Cancer Prevention, Diabetes, Diarrhea, Inflammation, Immune Support, Mental Health, and Cardiovascular Health.*

**Lutein:** **Benefits:** *Atherosclerosis, Age-related Macular Degeneration, Cataracts, Eye Health, Antioxidant, and Anti-Inflammatory.*

**Maca Root:** **Benefits:** *Memory, Focus, Memory, Mood Enhancer, Balances Estrogen, Boosts Male Fertility, Sexual Health, Immune Support, Energy, Antioxidant, Anti-Inflammatory, and Detox.*

**Magnesium:** **Benefits:** *Protein Formation, Gene Maintenance, Muscle and Nervous System Health, Diabetes, Heart Health, Mental Health, Anti-Inflammatory, Headaches, Weight Management, Anti-Aging, Sexual Health, Fatigue, Energy, Pain, Strength, and Digestive Health.*

**Magnolia:** **Benefits:** *Menstrual Cramps, Respiratory Health, Detox, Cognition, Digestion, Stimulates Appetite, Stress, Protect Against Severe Allergic Reactions, Mental Health, Weight Management, Cancer, Antioxidant, and Immune Support.*

**Miatake (Grifola Frondosa):** **Benefits:** *Infections, Diabetes, Blood Pressure Regulation, High Cholesterol, Immune Support, Blood Sugar Regulation, Cancer, Antioxidant, and Anti-Inflammatory.*

**Mandarine (Red) – essential oil:** **Benefits:** *Prevents Infections, Blood Circulation, Removes Toxins, Digestion, Liver Health, Nervous Relaxant, New Cell Growth, Tonic, Sedative Effect, Stomach Disorders, Stress, Diarrhea, Constipation, Flatulence, Scars & Stretch Marks, Immune Support, Anti-Fungal, Bowel Function, Appetite Control, Anti-Inflammatory, and Calms Spasms.*

**Manganese:** **Benefits:** *Bone Health, Blood Sugar Regulation, Metabolism, Protects against Disease, Inflammation, PMS, Epileptic Seizures, Thyroid Health, Vitamin Absorption, Digestion, Cognitive Function, Antioxidant, Nerve Health, Immune Support, Energy, and Weight Management.*

**Melatonin: Benefits:** *Immune Health, Oxidative Stress, Cellular Function, Brain Function, Antioxidant, Lowers Blood Pressure, Gut Health, GERD, Migraines, Insulin Function, Alzheimer's & Parkinson's Disease, Thyroid Function, PMS, Chronic Pain, Mental Health, Sleep, Cognitive Health, Cardiovascular Health, Endurance, Injury Recovery, Weight Management, Eye Health, and Stress.*

**Melissa – essential oil: Benefits:** *Insomnia, Hypertension, Migraines, Anxiety, Diabetes, Herpes, Dementia, Stress, Mental Health, Immune Support, IBS (Irritable Bowel Syndrome), and Blood Sugar Regulation.*

**Mucuna Pruriens: Benefits:** *Stress, Balance and Posture, Energy, Endurance, Supports the Intellect, Libido, Revitalizes Male & Female, Reproductive Systems, Mental Health, Sexual Health, Blood Sugar Regulation, Nerve Health, and Antioxidant.*

**Muira Puama: Benefits:** *Sexual Disorders, Aphrodisiac, Upset Stomach, Menstrual Disorders, Joint Pain, General Tonic and Appetite Stimulant, Cognitive Health and Male Sexual Health.*

**Myrrh – essential oil: Benefits:** *Antimicrobial, Astringent, Expectorant, Stimulates the Nervous System, Diaphoretic, Immune Booster, Cough, Digestion, Stomach Health, Congestion, Speeds up Healing, Infections, Blood Circulation, Overall Health, Spasms, Anti-Parasitic, Anti-Inflammatory, Cognitive Health, and Anti-Fungal.*

**Neroli – essential oil: Benefits:** *Inflammation, Stress, Circulation, Mood Enhancer, Chronic Depression, Aphrodisiac, Prevents Infection, Kills bacteria, Flatulence, Generation of New Cells, Infection, Spasms, Sedative Effect, Metabolism, Digestion, Neuralgia, Colitis, Diarrhea, Weight Loss, Wound Healing, Anti-Bacterial, Blood Pressure Regulation, and Skin Health.*

**Nettle: Benefits:** *Detox, Metabolism, Circulation, Energy, Menstruation, Menopausal Symptoms, Skin Health, Anti-Inflammatory, Antioxidant, Blood Sugar Regulation, Mental Health, Anti-Aging, Cardiovascular Health, Cancer, Cognitive Health, Immune Support, and Weight Management.*

**Niacin (Vitamin B3): Benefits:** *Diabetes, Skin Health, Brain Function, Arthritis, Pellagra, Erectile Dysfunction, Birth Defects, Cholesterol Regulation, Immune Support, Mental Health, Male Sexual Health and Cardiovascular Health.*

**Niaouli – essential oil: Benefits:** *Analgesic, Antiseptic, Circulation of Blood and Lymph, Scars, Decongestant, Expectorant, Fever, Stimulant, Digestion, Intestinal Worms, Infections, Bug Bites & Stings, Boils, Abscesses, Rashes, Respiratory Health, Sleep, Immune Support, and Skin Health.*

**Nitric Oxide:** Produced in the arteries during times of exertion, allowing the blood vessels to relax and widen. **Benefits:** *Erectile Dysfunction, Muscle Soreness, Blood Pressure Regulation, Exercise Performance, Diabetes, Increase Blood Flow*

**Nutmeg: Benefits:** *Indigestion, Detox, Oral Conditions, Insomnia, Blood Circulation, Sexual Health, Cognitive Health, Pain, Mental Health, Immune Support, and Cancer.*

**Pantothenic Acid (Vitamin B5): Benefits:** *Metabolizes Proteins & Fats, Digestion, Asthma, Hair Loss, Allergies, Anxiety, Respiratory Disorders, Cardiovascular Health, Energy, Sexual Health, Nerve (Nervous System) Health, and Immune Support.*

**Patchouli – essential oil: Benefits:** *Antidepressant, Antiseptic, Aphrodisiac, Sedative, Inflammation, Arthritis, Gout, Infections, Hair Loss, Healing, Anti-Aging, Blood Circulation, Metabolism, Diuretic, Fevers, Anti-Fungal, Impotency, Libido, Cough, Sleep, Tonic, Constipation, Insect Bites, Eczema, Dermatitis, Psoriasis, Blood Pressure Regulation, Stress, and Energy.*

**Peppermint – essential oil: Benefits:** *Calming, Sore Muscles, Antimicrobial, Halitosis, Aches & Pains, Skin Health, Sinus Congestion, Asthma, Bronchitis, Suppresses Appetite, Energy, ADHD, Concentration, Anti-Itch, Fever, Skin Health, Acne, Headaches, Promotes Hair Growth, Oral Care, Nausea, Respiratory Problems, IBS, Colic, Prevents Polycystic Ovary Syndrome, Blood Circulation, Mental Health, Nail Fungus, Hair Health, UTI, Stress, Spasms, Bowel Health, Digestive Health, Allergies, Cognitive Health, Anti-Viral, and Cancer.*

**Phosphatidylserine: Benefits:** *Memory, Expands Learning Capacity, Alzheimer's & Parkinson's Disease, Depression, ADHD, Mood Booster, Stress, Athletic Performance, Cognitive Health, Strength, Stress, Cardiovascular Health, Male Sexual Health, and Anti-Aging.*

**Piperine: Benefits:** *Nutrient Absorption, Stomach Aches, Metabolism, Increases Positive Feelings, Memory, Mental Health, Antioxidant, Anti-Inflammatory, Mental Health, Muscle Repair, Cancer, and Immune Support.*

**Pomegranate Seed: Benefits:** *Packed with Nutrients, Aphrodisiac, Impotence, Joint Pain, Arthritis, Bacterial Infection, Memory, Anti-Oxidant, Blood Pressure Regulation, Anti-Inflammatory, Cancer, Cardiovascular Health, Weight Management, Anti-Aging, Cognitive Health, and Immune Support.*

**Prolyl Endopeptidase:** Enzyme involved in the development and degradation of several hormones. **Benefits:** *Mental Health, Autism, and Digestive Health.*

**Propolis: Benefits:** *Cancer Prevention, Wound Healing, Circulation, Eye Health, Decreases Cell Death, Cognition, Strengthens Bones, Immune Support, Allergies, Anti-Inflammatory, Anti-Yeast, Anti-Fungal, and Anti-Viral.*

**Protease:** Enzyme that triggers the digestion of proteins and peptides. **Benefits:** *Inflammatory Bowel Disease, Skin Burns, Stomach Ulcers, Cardiovascular & Brain Health, Osteoarthritis, Sports-Related Injuries, Beneficial Bacteria in the Gut, Circulatory, Lymph, Clots, Digestion, Tissue Repair, Immune Support, Energy, and Strength.*

**Pulsatilla Nigricans: Benefits:** *Conditions or Reproductive System, Hyperactivity, Skin Diseases, Asthma, Earache, Nerve Problems, Restlessness, Urinary Tract, Anxiety, Sleep, Respiratory Health, Headaches, and Digestive Health.*

**Quercetin: Benefits:** *Respiratory Health, Balances Blood Pressure, Stress, Overall Health, Anti-Oxidant, Weight Management, Cardiovascular Health, Anti-Inflammatory, Anti-Aging, and Cognitive Health.*

**Raspberry Leaf: Benefits:** *Flu, Diarrhea, Acne, Fertility Issues, Constipation, Indigestion, High Blood Pressure, Aching Joints, Inflammation, Treats Iodine Deficiency, Immune Health, HIV, Cold Sores, Cardiovascular Health, Digestive Health, and Reproductive Health.*

**Red Marine Algae: Benefits:** *Antioxidant, Anti-Viral, Bone Health, Circulation, Anemia, Heart Health, Immune Support, Detox, and Digestive Health.*

**Rose – essential oil (Rosa Damascene Mill): Benefits:** *Anxiety, Depression, Headaches, Menopausal Symptoms, Menstrual Cramps, Migraines, Enhance Libido, Stress, Circulation, Memory, Mood Booster, Detox, Liver Health, Calming, Anti-Oxidant, and Sexual Health.*

**Rosemary – essential oil: Benefits:** *Throat Congestion, Respiratory Health, Colds, Sore Throat, Flu, Digestion, Hair Health, Oral Health, Skin Health, Stress, Immune Health, Pain, Constipation, Bloating, Mental Health, Energy, Cognitive Health, Anti-Inflammatory, Anti-Aging, and Nerve Health.*

**Saffron: Benefits:** *Fights Cancer, Arthritis, Vision, Insomnia, Brain Health, Asthma, Digestion, Wound Healing, Enhances Immunity, Pregnancy Health, Menstrual Symptoms, Heart Health, Liver Health, Aphrodisiac, Inflammation, Skin Health, Wounds, Scars, Hair Loss, Sexual Health, Mental Health, Cardiovascular Health, Weight Management, Detox, and Energy.*

**Sandalwood – essential oil (*Santalum Paniculatum*):** **Benefits:** *Mental Clarity, Relaxing and Calming, Memory Booster, Aphrodisiac, Astringent, Anti-Viral, Antiseptic, Inflammation, Expectorant, Decreases Blood Pressure, Endometriosis, Anti-Aging, Anti-Spasmodic, Cognitive Health, Allergies, Tissue Regeneration, Anti-Yeast, and Immune Support.*

**Schisandra:** **Benefits:** *Anxiety, Depression, Inflammation, Stress, Liver Health, Digestive Health, Skin Health, Mental Health, Sexual Health, Immune Support, Stress, Energy, and Respiratory Health.*

**Shiitake Mushroom:** **Benefits:** *Skin Health, Inflammation, Circulation, Cancer, Digestion, Energy, Stress, Helps Growth & Repair, Lowers Cholesterol, Oral Health, Lowers Blood Pressure, Respiratory Health, Cardiovascular Health, Immune Support, Anti-Inflammatory, and Anti-Aging.*

**Spikenard – essential oil: (*Nardostachys Jatamansi*):** **Benefits:** *Anti-Fungal, Inflammation, Laxative, Sedative, Female Reproductive Organs, Skin Health, Prevents Bacterial Infections, Laxative, Sleep, Fever, Hemorrhoids, Varicose Veins, Angina Pain, Regeneration of Cells, Cognitive Health, Mental Health, Stress, Cardiovascular Health, Female Sexual Health, and Antibacterial.*

**Spirulina:** **Benefits:** *High in Nutrients, Antioxidant, Lowers LDLs and Triglycerides, Cancer – Especially Oral, Decreases Blood Pressure, Allergic Rhinitis, Anemia, Muscle Strength & Endurance, Weight Management, Cardiovascular Health, Blood Sugar Regulation, Anti-Inflammatory, Cognitive Health, Anti-Aging, and Immune Support.*

**St. John's Wort:** **Benefits:** *Depression, Mood Swings, Anxiety, PMS, Addictive Tendencies, Regulates Hormones, Cancer Prevention, Viral Infections, Inflammation, Lowers Blood Pressure, Mental Health, Immune Support, and Tissue Repair.*

**Stevia:** **Benefits:** *Weight Loss, Lowers Blood Pressure, Diabetes, Cancer Prevention, Oral Health, Bone Health, Blood Sugar Regulation, Immune Support, Energy, and Tissue Repair.*

**Tea Tree – essential oil:** **Benefits:** *Acne, Athlete's Foot, Candida, Chicken Pox, Cold Sores, Colds, Corns, Cuts, Flu, Insect Bites, Itching, Migraines, Ringworm, Sinusitis, Sores, Spots, Urethritis, Warts, Whooping Cough, Mental Health, Anti-Fungal, Anti-Viral, and Anti-Bacterial.*

**Thyme – essential oil:** **Benefits:** *Anti-Fungal, Lowers Blood Pressure, Cough, Immune Health, Mood Booster, Anti-Oxidant, Circulation, Heart Health, Eye Health, Stress, Pain Relief, Female Sexual Health, Respiratory Health, Energy, Mental Health, and Sleep.*

**Thyroidinum Homaccord:** **Benefits:** *Head Ailments, Heart Health, Eye Health, Dry Throat, Urinary Health, Respiratory Health, Psoriasis, Eczema, Weight Management, Energy, Mental Health, and Sexual Health.*

**Tribulus Terrestris:** **Benefits:** *Prostrate Health, Fertility, Better Sexual Function & Satisfaction, Impotence, Sleep, Physical Fatigue, Cardiovascular Disease, Hormone Imbalance, Male and Female Aphrodisiac, and a Diuretic.*

**Turkey Tail Mushroom (Coriolus Cercicolor):** **Benefits:** *Colds, Support with Chemotherapy, Diabetes, Inflammation, Antioxidant, lowers Cholesterol, Digestion, AIDS, Lowers Blood Pressure, Breast Cancer, Bone Health, Human Papilloma Virus, Immune Support.*

**Tumeric:** *Powerful medicinal properties.* **Benefits:** *Brain Function & Health, Cancer Prevention & Treatment, Alzheimer's Disease, Arthritis, Depression, Anti-Aging, Chronic Diseases, Anti-Inflammatory, Antioxidant, Blood Sugar Regulation, Immune Support, Nerve Health, Cardiovascular Health, Cognitive Health, and Detox.*

**Valerian:** **Benefits:** *Anxiety, Headaches, Heart Palpitations, Digestion, Menstrual Health, Sleep, Mental Health, and Stress Management.*

**Velvet Deer Antler:** **Benefits:** *Improves General Health, Increases Blood Supply & Circulation, Decreases Blood Pressure, Muscular Development, Joint Mobility, Muscle Recovery, Male Sexual Health, Energy, and Strength.*

**Vitamin A:** **Benefits:** *Skin Health, Bone Health, Prevents Kidney Stones, Promotes Muscle Growth, Acne, Cancer Prevention, Tissue Repair, Anti-Aging, Measles, Lowers Cholesterol, Reproductive Health, Vision, Cardiovascular Health, Respiratory Health, Immune Support, and Sexual Health.*

**Vitamin B1 (Thiamine):** **Benefits:** *Prevents Cataracts, Anti-Aging, Digestion, Prevents Alzheimer's Disease, Memory, RBC Production, Relieves Effects of Alcoholism, Improves Appetite, Energy, Brain Function, Cardiovascular Health, Cognitive Health, Tissue Repair, Nerve Health, Blood Sugar Regulation, and Addiction.*

**Vitamin B12 (Cobalamin):** **Benefits:** *Stroke Prevention, Brain Health, Prevents Alzheimer's Disease, Muscle Tone, Energy, Normal Cell Function, Cancer Prevention, Depression, Prevents Auto-Immune Diseases, Weight Management, Prevents AIDS, Insomnia, Hair Health, Anti-Inflammatory, Antioxidant, Blood Sugar Regulation, Immune Support, Nerve Health, Cardiovascular Health, and Detox.*

**Vitamin B2 (Riboflavin):** **Benefits:** *Anti-Oxidant, Heart Health, Cancer, Respiratory Health, Sleep, Immune Support, and Skin Health.*

**Vitamin B6 (Pyridoxine): Benefits:** *Edema, Diuretic, Magnesium Deficiency, Peripheral Neuropathy, Carpal Tunnel Syndrome, Tendonitis, Rheumatism, Cardiovascular Occlusions & Infarcts, Learning and Developmental Issues, Autism, Respiratory Health, Mental Health, Nerve Health, Adrenal Function, Cardiovascular Health, Eye Health, and Energy.*

**Vitamin C: Benefits:** *Scurvy Prevention, Colds, Lowers Blood Pressure, Lead Toxicity, Cataracts, Cancer, Stroke, Wound Healing, Mood Enhancer, Boosts Immunity, Asthma, Diabetes, Immune Support, Cardiovascular Health, Antioxidant, Skin Health, Eye Health, and Anti-Inflammatory.*

**Vitamin D: Benefits:** *Promotes Calcium Absorption, Muscle Strength, Energy, Mood Booster, Stimulates Motivation, Nervous System Function, Bone Health, Blood Sugar Regulation, Cardiovascular Health, Respiratory Health, Immune Support, and Tissue Repair.*

**Vitamin E (Gamma-Tocotrienol): Benefits:** *Wound Healing, Skin Health, Itching, Eczema, Psoriasis, Scars, Wrinkles, Sunburn, Nail Health, Weight Management, Antioxidant, Immune Support, and Cardiovascular Health.*

**Ylang Ylang – essential oil: Benefits:** *Stress, Pain, Inflammation, Mood Enhancer, Enhances Libido, Wound Healing, Scars, Depression, Spasms, Sedative, Immune Health, Hypertension, Mental Health, Insect Repellent, and Nerve Health.*

**Zeaxantin: Benefits:** *Skin Health, Macular Degeneration, Cataracts, Eye Health, Cognitive Health, Anti-Aging, and Blood Sugar Regulation.*

**Zinc: Benefits:** *Diabetes, Stress, Digestion, Protein Synthesis, Energy Metabolism, Carbohydrate Metabolism, Control of Hormone Levels, Eye Health, Strength, Sexual Health, Anti-Aging, Allergies, Immune Support, Mental Health, Cardiovascular Health, and Appetite Regulation.*

**Zizyphus Spinosa: Benefits:** *Sleep, Relaxation, Altitude Sickness, Antioxidant, Inflammation, Lowers Blood Pressure, Strength, Weight Management, Digestive Health, Energy, Blood Sugar Regulation, and Mental Health.*