

Vitamin & Mineral Index

💧 **Alpha Lipoic Acid:** ALA often referred to as the “universal antioxidant.” It produces energy and protects your cells from damage, improves both glucose metabolism and insulin sensitivity. ALA also improves the conversion of carbohydrates to energy, which reduces the amounts available to be converted to fats.

💧 **Amino Blend:** Five amino acids called Glutamine, Ornithine, Arginine, Lysine, and Citrulline that improve athletic performance, muscle regrowth, and healthy levels of Human Growth Hormone (HGH).

Glutamine: removes excess ammonia, helps your immune system, brain, and digestive function

Ornithine: helps detoxify ammonia

Arginine: improves cardiovascular health and blood flow by widening and relaxing blood vessels

Lysine: building block for proteins and important for the maintenance of tissues and muscles

Citrulline: reduces muscle fatigue and enhances energy production

💧 **B Complex:** A blend of B1, B2, B3, B5, & B6. Helps convert food to energy. May increase energy and reduce the body’s response to stress.

B1: Enables the body to use carbohydrates as energy

B2: Helps the body break down and absorb nutrients.

B3: Helps the body convert protein and fats into energy.

B5: Helps with stress, anxiety, energy, and cardiovascular health

B6: Can improve your skin, eyes, and immune system.

💧 **B6:** Important in maintaining the health of our nerves, skin, and red blood cells. May also play vital roles in maintaining the health of your brain, immune system and nervous system.

💧 **B12:** Benefits your energy level, mood, memory, and digestion.

💧 **Biotin:** Improves your hair, skin, nails, and metabolism.

💧 **Calcium:** Helps to build and maintain strong bones and teeth. It also helps maintain typical muscle function, blood clotting, nerve transmission, and other body processes.

💧 **Glutamine:** Glutamine is a vital fuel source for the intestines and immune system that helps keep defenses up against microbes. Improves gut health, hydrates muscles and skin.

💧💉 **Glutathione:** A great antioxidant that removes inflammation and free radicals from the body.

💧 **Lipo Stat B12:** May help boost the body's metabolic power. Stimulates breakdown of lipids, reduces accumulation of excess fat in the liver, can help prevent fat deposits, and give you energy.

💧 **Magnesium:** Improves sleep, calms anxiety, reduces migraines, and improves digestion.

💧 **Mineral Blend:** A blend of Copper, Magnesium, Manganese, Selenium, and Zinc. It offers support for natural levels of energy, cellular protection, and rejuvenation.

Copper: plays a vital role in formation of red blood cells, connective tissues, and immune system

Selenium: A trace mineral that supports many bodily processes. It plays a critical role in your immune health, thyroid function, and insulin sensitivity.

Manganese: Involved in breaking down carbohydrates, proteins, and cholesterol

Magnesium: Improves sleep, calms anxiety, reduces migraines, and improves digestion.

💧💉 **NAD+ (Nicotinamide adenine dinucleotide):** a coenzyme found in every cell in your body. It is the root of well-being. NAD+ levels decline as we age. Without proper amounts of NAD+ in our body, our cells aren't able to generate energy, will not function properly and will eventually die. Benefits: Decreases the aging process, boosts athletic performance, heightens brain function, boosts immune system and reduces risk of cardiovascular disease.

💧 **Proline:** Proline plays important roles in protein production and structure, metabolism, and arginine synthesis. It may also be helpful for wound healing (skin), antioxidative reactions, and immune responses. Improves joint and tissue health.

💧 **Taurine:** An essential amino acid that helps maintain proper hydration and electrolyte balance. It metabolizes fat and removes toxins that cause fatigue. Taurine may be helpful for fatigue, reducing oxidative stress, mental performance, exercise performance, insomnia, psychosis, and anemia

💧💉 **Toradol:** Non-steroidal anti-inflammatory drug (NSAID) that may help relieve mild to persistent discomfort, headaches and migraines.

💧💉 **Tri-immune:** Works together to help build your resilience and recharge your body's natural defenses.

Vitamin C: Boosted immune system by preventing and treating symptoms of the common cold and other infections including viral illnesses

Zinc: Improved immune function, this nutrient plays a vital role in optimizing the immune system

Glutathione: Optimized performance as the master detoxifier and facilitator for recycling vitamins C and E

💧 **Vitamin C:** Strengthens your immune system and collagen production.

💧 **Vitamin D3:** Improves mood, strengthens bones, and fights diseases.

💧 **Zinc:** Supports immune function, blood clotting, and wound healing. Also helps increase your metabolism

💧 **Zofran:** May decrease nausea and vomiting.