

## VITAMINS & MINERALS IN

Vitamins and minerals are essential to our well being. Vitamins and mineral absorption is affected by many factors: age, daily activity, overall health, and what foods are eaten at the same time. The majority of vitamins have antioxidant properties. They help convert food into energy, and are involved in many important intercellular activities. Vitamins and minerals are important for sustained energy levels, and healthy digestive, cardiovascular and nervous systems. They also promote healthy skin and hair.

		Benefits
<b>VITAMINS</b>	<b>Vitamin B1 (Thiamine)</b>	Thiamine is named B1 because it was the first B vitamin discovered. It is also called the <i>anti-stress</i> vitamin because it may strengthen the immune system and improve the body's ability to withstand stressful conditions. It helps convert food to energy and supports the nervous and cardiovascular systems. Stress can increase the need for vitamins B-1 and B-6.
	<b>Vitamin B2 (Riboflavin)</b>	Aids in growth and reproduction. Helps to metabolize fats, carbohydrates and proteins. Promotes healthy skin, nails, and hair. Benefits vision and alleviates eye fatigue.
	<b>Vitamin B3 (Niacin)</b>	Vitamin B3, also known as Niacin keeps the nervous system balanced. Promotes healthy brain function. Niacin is important for the synthesis of hormones, cortisone, insulin and thyroxine. Helps in metabolism of glucose and fat, and inhibits the absorption of cholesterol.
	<b>Vitamin B5 (Pantothenic Acid)</b>	Necessary for the conversion of fat and sugar to energy. Keeps the nervous system balanced. Helps formation of antibodies and hormones.
	<b>Vitamin B6 (Pyridoxine)</b>	Helps in the utilization of proteins and the metabolism of fats (metabolism of amino acids and lipids). Needed for production of red blood cells and antibodies. May help with shingles.
	<b>Vitamin B7 (Biotin)</b>	Essential in the metabolism of fats and proteins. Helps synthesize amino and fatty acids and the formation of DNA & RNA. May help to lower blood sugar, and reduce hair loss. Helps metabolize carbohydrates for energy production.
	<b>Vitamin B9 (Folic Acid or Folate)</b>	Vitamin B9 acts as a co-enzyme in the form of folates. Helps the body form genetic material and in production of red blood cells. Aids in protein metabolism. Antioxidant properties. When taken daily, beginning at least 30 days prior to pregnancy, has been shown to help prevent birth defects.
	<b>Vitamin B12 (Methylcobalamin)</b>	Maintains healthy nervous, cardiovascular, and immune systems. Assists in the formation of red blood cells and the building of genetic material. Helps with iron absorption. B12 is critical to memory and learning. Vegetarians must supplement B-12.
	<b>Vitamin C (Calcium Ascorbate)</b>	Helps in the formation of collagen, production of red blood cells and absorption of iron. Regulates cholesterol. Antioxidant (prevents oxidation of fat soluble vitamins and formation of free radicals). Anti-bacterial.
<b>AMINO ACID CHELATED MINERALS</b>	<b>Calcium</b>	Builds strong bones and teeth. Helps with insomnia. Has stress relieving properties. Plays a role in muscle contraction, and supports cardiovascular health. Adequate calcium consumption greatly lowers the risk of osteoporosis. Calcium is also essential for proper blood clotting.
	<b>Magnesium</b>	A mineral needed by every cell of your body. Helps to regulate body temperature, and plays an important role in regulating blood pressure. It has an important function in transmission of genetic code and cell reproduction. Helps nervous system and muscle function. Important for bone health. It may influence the release and activity of insulin, the hormone that helps control blood glucose levels.
	<b>Manganese</b>	Necessary for normal skeletal development. Needed for protein, carbohydrate, fat production. Helps to maintain the production of sex hormones, and nourishes the nerves and brain.
	<b>Zinc</b>	Important for intercellular health and cellular metabolism. It is necessary for healing and new cell formation. As a component of many enzymes that have antioxidant properties, Zinc supports the overall immune system. It is important to reproductive organs, normal prostate function, and digestive system health.