



Nutrient Glossary

Antioxidants

Antioxidants help protect your cells against the effects of free radicals, which can damage cells.*

Vitamin C is essential in maintaining a healthy immune system, and is critical to the formation of collagen, a structural protein that supports the skin and internal organs.*

Zinc is crucial to the immune system. It helps maintain white blood cell activity, and helps support antioxidant protection.*

Manganese is an essential trace mineral needed for healthy skin, bone, and cartilage formation.*

Alpha Lipoic Acid (ALA) can act as an antioxidant, and help regenerate other antioxidants. ALA is an essential cofactor in some energy production and metabolic processes in the mitochondria, your cells' powerhouses.*

Quercetin is a flavonoid that has been studied for its ability to enhance immune function and function as a plant-based antioxidant.*

B vitamins

B vitamins play a key role in metabolism for energy in a daily diet.*

(B1) plays a key role in the body's metabolic cycle for generating energy; helps in the metabolism of carbohydrates; and helps maintain a healthy nervous system.*

Riboflavin (B2) is critical in breaking down carbohydrates, proteins, and fats so your body can use them for energy and repair.*

Niacin (B3) is a component of coenzymes that are involved in producing energy and building larger molecules such as fatty acids and some life-sustaining hormones.*

Vitamin B6 plays a role in forming energy-rich compounds and niacin, red blood cell and fat metabolism, nervous system functions, and modulation of hormones. Vitamin B6 is a dietarily important nutrient because the body cannot make it.*

Folic Acid (B9) produces healthy effects in the body and cells by functioning with enzymes. Folic acid works with two other B vitamins, B12 & B6, to help maintain healthy levels of homocysteine, an amino acid, in the blood.*

Vitamin B12 is used in helping metabolize food for energy and making healthy red blood cells. Healthy red blood cells help carry oxygen to cells and may help promote feelings of energy.*

Pantothenic Acid (B5) is an essential nutrient. A form of pantothenic acid is used in the body to help generate energy from fat, carbohydrates, and proteins.*





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Electrolytes Other Nutrients

Electrolytes and energy metabolism minerals support healthy hydration and support energy production and use. Electrolytes can be lost through sweating during exercise. A significant loss of electrolytes can result in feelings of fatigue.*

Calcium supports healthy hydration, muscle function, and also plays a critical role in the electrical conduction system of the heart.*

Magnesium supports healthy hydration and muscle function. Over three hundred enzymes require magnesium as a cofactor.*

Chromium works within the body's glucose tolerance factor and assists in healthy metabolism of the body's primary source of energy (glucose) and muscle function.*

Sodium supports healthy hydration, nerve and muscle function, and blood pH.*

Potassium supports healthy hydration and is especially important for normal muscle contraction.*

Phosphorus is an essential element used in the body as a structural component and participates in energy production and storage.*



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