



Nutrient Glossary

Alfalfa - Good for the digestive system; alkalizes and detoxifies the body.*

Aloe Vera - Promotes healing and helps rebuild internal tissue and the immune system. Is soothing and healing to the digestive tract; helps fight intestinal infection. Increases blood-vessel generation in lower extremities of people with poor circulation.*

Alpha Lipoic Acid - Used to help restore liver health, help relieve diabetes-related neuropathy and confer protective benefits against oxidative processes involved in disease & aging.*

Amino Acid Blend - Helps supply the body with materials to repair muscles, organs and other tissues. Amino Acids are utilized to make neurotransmitters, enzymes, hormones, hemoglobin, and antibodies.*

Bee Pollen - Some reports show that bee pollen may slow aging, improve athletic performance, boost immunity, contribute to weight loss, fight bacteria and alleviate the symptoms of allergies and hay fever. Helps prevent the sneezing, runny nose, watery eyes, and other symptoms of seasonal pollen allergies.*

Beta Glucan - A fiber-type complex sugar (polysaccharide) derived from the cell wall of baker's yeast, oat and barley fiber. Lowers cholesterol and enhances immune system functions.*

Biotin - Plays a crucial role in energy production by facilitating the use of glucose, which is the body's primary source of fuel. It is also an important vitamin for healthy hair, skin and nails.*

Bladderwrack - A sea vegetable rich in naturally occurring vitamins, minerals and trace minerals; supports urinary tract health; eases rheumatic aches and pains.*

Blue Agave Nectar - Agave (uh-gah-vay) nectar comes from the Blue Agave cactus growing in the fertile volcanic soil of Mexico. Agave Nectar is low glycemic. It will not over stimulate the production of insulin in your body.*

Blue Green Algae - Rich in chlorophyll*

Bromelain - A protein-digestive enzyme from pineapples that reduces swelling.*

Calcium - Calcium is vital in the formation and maintenance of healthy bones and teeth. Daily calcium supplements are essential in the prevention of osteoporosis.*

Chromium Polynicotinate - Promotes the burning of fat by the body, increases muscle mass and increases the metabolism. It helps maintain stable blood sugar levels by helping the body use its insulin properly. Signs of chromium deficiency are fatigue, anxiety, elevated cholesterol, fatty deposits in arteries.*



Nutrient Glossary

Cinnamon - Aids in controlling blood sugar levels and cardiovascular health. Also an anti-diarrhea agent; used to treat an upset digestive tract.*

CoQ10 - CoQ10 is a powerful antioxidant. A lack of CoQ10 may lead to such problems as heart failure, heart disease and gum disease.*

Eleuthero - Used for years in Eastern medicine to combat weakness and promote energy, it has also shown helpful in asthma patients, helping to detoxify the body and fighting fatigue.*

Fenugreek - Helps regulate blood sugar levels; may help reduce digestive tract inflammation; helps lower constipation occurrences. Fenugreek is also considered helpful in reducing serum cholesterol levels as well as blood sugar levels in people that suffer from diabetes.*

Folic Acid - Also known as another member of the B-Vitamin family. Folic Acid can help reduce the risk of heart attack. It's also ideal for women to have extra folic acid as it may help decrease serious birth defects. Folic Acid is considered a brain food and is needed for energy production and the formation of red blood cells. It helps breakdown an amino acid that is associated with atherosclerosis (hardening of the arteries).*

Fruit Pectin - Source of Insoluble and soluble fiber.*

Garlic - For thousands of years, garlic has been valued for its therapeutic potential. Egyptian pyramid builders took it for strength and endurance. May help to reduce the risk of heart disease and cancer, lower cholesterol levels, lower blood pressure and reduce the chances of atherosclerosis (hardening of the arteries).*

Ginkgo Biloba Extract - May be helpful in the treatment of short term memory loss, depression and headaches. Ginkgo Biloba has shown impressive results as an antioxidant, helps platelet function, and improves blood flow to the nervous system.*

Ginseng - Has been used in Chinese medicine for thousands of years to enhance both longevity and the quality of life. It boosts energy, combats the physical effects of stress and may treat impotence and infertility in men.*

Glucosamine - Has been shown to build joint cartilage. It also aids in preserving existing cartilage by reducing the destruction of normal wear and tear on the joints. Glucosamine may also help with asthma and skin ailments.*

Grape Seed Extract - An antioxidant that combats free radical bi-products from the toxins in food, air, water and metabolic processes that cause oxidation damage to our cells and tissue. Promotes healthy circulation.*



Nutrient Glossary

Hawthorn Berry Extract - Supports overall health of the heart by maintaining healthy blood pressure, blood vessels and circulation. It also increases the flow of blood and oxygen to the heart and improves endurance.*

Horse Chestnut - Helps to prevent vascular damage and the development of varicose veins.*

Horsetail - Since ancient times, the herb horsetail, has been used to heal wounds and treat urinary tract infections. Increases calcium absorption and strengthens bones. Horsetail contains high amounts of silica, which is an important nutrient for healthy hair, skin, nails and connective tissues throughout the body.*

Hyaluronic Acid - A natural lubricant critical for synovial fluid production. Improves bone density; vital part of the joint matrix, lubricates and helps to protect the joints from shock. Helps to lubricate the eyes. Helps to maintain smooth, elastic skin, increases vitality, restore hair color and improve hair growth and reduce fine lines; moisturizes skin from inside out.*

Iron - Iron is required by the body for the formation of blood and for the maintenance of a healthy circulation system. Perhaps the most important of iron's functions in the body is the production of hemoglobin and myoglobin and also, the oxygenation of red blood cells. Women can lose too much iron if they have heavy or prolonged periods and/or short menstrual cycles, or from strenuous exercise and heavy perspiration.*

L-Arginine - Facilitates an increase in lean muscle and reduction of body fat.*

L-Lysine - An essential amino acid that is necessary for the proper absorption of calcium into your system.*

L-Tyrosine - Tyrosine is the immediate precursor to the thyroid hormone thyroxin which is a major component of the weight control process. In the care of thyroid dysfunction (hypothyroidism, which has a direct effect on weight loss), therapeutic doses of tyrosine may have an impact upon your thyroid hormone production and basal metabolism, assisting in weight loss.*

Lycopene - A powerful antioxidant found in red tomatoes. Once absorbed by the body, helps to prevent and repair damaged cells.*

Magnesium - Magnesium assists in the uptake of calcium by the body. It can also assist in the prevention of depression, dizziness, muscle weakness and premenstrual syndrome.*

Maltodextrin - Excellent source of soluble fiber*



Nutrient Glossary

Manganese - Manganese is used by the body in energy production and is required for normal bone growth and for reproduction. It is necessary for the synthesis of bone and is used in the formation of cartilage and synovial (lubricating) fluid of the joints.*

Mangosteen - A tropical fruit, renowned in Southeast Asia as the "queen of the fruits". A superior antioxidant with an ORAC value of over 3500. Maintains immune system health, it is an anti-inflammatory, anti-microbial, anti-tumor, anti-aging, anti-fatigue, potent antioxidant, anti-parasitic, antihistamine and anti-atherosclerotic.*

Milk Thistle - Milk thistle is a member of the sunflower family. Helps to fortify and detoxify the liver. Protects the liver from toxins, including drugs, poisons, and chemicals. Milk Thistle aids in the treatment and prevention of gallstones and helps clear psoriasis.*

MSM (Methylsulfonylmethane) - MSM is a natural organic sulfur and is used as an anti-inflammatory to help reduce swelling, pain and stiffness. MSM is also known for its therapeutic properties, such as the healing of injuries. MSM helps to detoxify cells in the body, aiding and improving the immune functions and help decrease muscle pain.*

Noni Fruit - Over 150 nutraceuticals have been found in the noni fruit, some of those identified are :anthraquinones, beta-carotene, calcium, linoleic acid, magnesium, pectin, potassium, proline, protein, proxeronine, proxeroninease, scopoletin, beta-sitosterols, sterols, phenylalanine, tyrosine and ursolic acid.*

Parsley - Helps promote a healthy digestive tract. Is a mild diuretic and is believed to help flush the kidneys.*

Pau d'arco - Pau d'arco is obtained from the inner bark of a tree -- *Tabebuia impetiginosa* -- indigenous to the rain forests of South America. Native tribes have taken advantage of its healing powers for centuries. Pau d'arco combats bacteria, viruses, and fungi; reduces inflammation; and supports the immune system.*

Phosphorus - A necessary component of effective calcium absorption.*

Pine Bark Extract - Pine Bark contains antioxidant capacity that comes from oligomeric proanthocyanidins (OPCs). With an antioxidant power 20 times stronger than Vitamin C and 50 times stronger than Vitamin E, OPCs are known as a powerful antioxidant to neutralize free radicals, which play a major role in degenerative diseases.*



Nutrient Glossary

Pomegranate - This exotic fruit contains a compound called Ellagic Acid, which is a phenolic compound that has become known as an anti-carcinogenic/anti-mutagenic compound. Has antioxidant properties that help maintain already healthy cholesterol levels and supports cardiovascular function.*

Potassium - Potassium is a mineral that helps the kidneys function normally. It also plays a key role in cardiac, skeletal, and smooth muscle contraction, making it an important nutrient for normal heart, digestive, and muscular function. Promotes a regular heart rhythm. Potassium is also helpful with high blood pressure.*

Resveratrol - a potent antioxidant found primarily in the skin of grapes. Resveratrol is currently under study for its role in promoting healthy heart, liver, colon and breast function. Has shown to help maintain healthy anti-inflammatory response.*

Rhodiola Rosea - Primary adaptogen; enhances mental and physical performance, normalizes heart rate, improves nervous system function, stabilizes mood.*

scFOS - short-chain fructooligosaccharides, a natural prebiotic fiber that is uniquely capable of providing nutrition solutions such as bone, immune and digestive health by improving the absorption of calcium, magnesium and soy isoflavones, and maintaining healthy immune response and digestive function.*

Selenium - Selenium helps in the development of white blood cells, improving the immune system and preventing inflammation of acne. Selenium also helps protect against heart, liver and lung disease. May also help asthma patients. Works most effectively when combined with Vitamin E.*

Spirulina - A natural source of chlorophyll and rich in protein. Also contains carotenoids, vitamins, minerals, and essential fatty acids.*

Suma - Suma is a large ground vine native to Central and South America. Helps to enhance the immune system.*

Trace Minerals - Essential for assimilation and utilization of vitamins and other nutrients, provides a catalyst for many hormones, enzymes and essential body functions.*

Vitaberry® Plus® HI-ORAC Fruit Blend - a proprietary blend of concentrated fruit extracts and whole-fruit powders containing Wild Blueberries, Grapes, Grape Seed, Raspberries, Raspberry Seed, Cranberries, Prunes, Cherries, Wild Bilberries and Strawberries. Promotes healthy vision by providing anthocyanins, malvidin, cyanidin, delphinidin and petunidin. Vitaberry® Plus® unique combination of ingredients promote healthy brain function and mental clarity, cardiovascular health, healthy skin, urinary tract health, and healthy blood sugar levels.*



Nutrient Glossary

Bilberry Extracts - Supports memory brain function, circulation vision and vein integrity.*

Blueberry Extracts - Studies by UPEI researchers, funded by the Natural Sciences and Engineering Research Council (NSERC), have shown flavonoids (a sub-class of polyphenols) found in blueberries can help prevent extensive damage caused by stroke, reduce cholesterol, reduce inflammation and control type II diabetes.*

Cranberry Extracts - Anti-adhesion properties may inhibit the bacteria associated with gum disease and stomach ulcers. Has anti-aging properties and stimulates immunity.*

Raspberry Extracts - Promotes growth of healthy cells.*

Cherry Extracts - promotes cardiovascular health and healthy glucose levels.*

Strawberry Extracts - Has potent antioxidants to help protect cell structures in the body.*

Grape Extracts - grapes are loaded with potent phytonutrients, including quercetin, resveratrol, anthocyanins and catechins. All four are considered powerful antioxidants.

*

Vitamin A - (Beta Carotene) An essential vitamin. It can help prevent night blindness and slow signs of aging.*

Vitamin B-1 (Thiamine) - Helps metabolism of carbohydrates and aids in digestion. Protects against damage caused by alcohol abuse, helps in circulation of blood and blood formation, has a positive effect on energy and has been used and can be helpful in the treatment of diabetes and certain types of herpes.*

Vitamin B-12 (Methylcobalamin) - The "energy" vitamin that helps overcome fatigue and is important for the production of red blood cells and key neurotransmitters that affect mood and sleep. Promotes protein synthesis for maintaining healthy nerve cells and myelin. May also help to moderate levels of glutamate in the brain, encouraging healthy brain cell activity, as well as memory and cognitive function.*

Vitamin B-2 (Riboflavin) - Promotes energy; helps fight free radicals in the body. Since it is water soluble, the body does not store Vitamin B-2, so it must be constantly replaced through diet or supplements.*

Vitamin B-3 (Niacinamide) - Vitamin B-3 has also been known to help lower cholesterol and protect against cardiovascular disease. Helps lower blood levels of cholesterol and may benefit people with diabetes and high blood pressure. Also aids in the metabolism of carbohydrates, fats and proteins. Great for the skin and circulation.*



Nutrient Glossary

Vitamin B-5 (Pantothenic Acid) - Essential in producing, transporting and releasing energy from fat. May be useful in helping anxiety and depression *

Vitamin B-6 (Pyridoxine) - The building blocks of all proteins and some hormones used in regulation of mental processes. Is required for the proper functioning of more than 60 enzymes and may help diabetics in controlling insulin levels*

Vitamin C - A powerful antioxidant required to produce collagen, which is the main supportive protein in cartilage, tendon and connective tissue. Vitamin C is required for at least 300 metabolic functions, including tissue growth and repair, adrenal gland function and healthy gums. It aids in the production of anti-stress hormones and in immune system support. Aids in absorption.*

Vitamin D - Is important for the normal growth and development of bones and teeth in children. It protects against muscle weakness and is involved in regulation of the heartbeat. It is believed to be important in the prevention of breast and colon cancer, osteoarthritis, osteoporosis and hypocalcaemia. Vitamin D is necessary for the absorption and utilization of calcium. It is also important for development of strong teeth and bones. It protects against muscle weakness and is involved in regulation of the heartbeat. It also enhances immunity and thyroid function.*

Vitamin E (Acetate) - In addition to being a wonderful antioxidant, Vitamin E helps to prevent cell damage. Vitamin E also helps to prevent skin spots and wrinkles, reduce scars and repair tissue, especially when taken in conjunction with Vitamin C. Vitamin E also has shown useful in helping to prevent heart attacks, prostate cancer, Alzheimer's, and cardiovascular disease. It helps to improve circulation, is necessary for tissue repair, promotes normal blood clotting and helps reduce blood pressure.*

Wheatgrass - Wheatgrass comes from a very young wheat plant. It contains very high amounts of chlorophyll. Chlorophyll contains a high amount of oxygen and oxygen is crucial to our brain and body. Chlorophyll may inhibit the development of certain bacteria. Chlorophyll helps remove toxins from the body and may help improve the health of the liver. One of the biggest wheatgrass benefits is its ability to improve blood sugar levels. Contains active enzymes, vitamins, and more. Some reported wheatgrass benefits include: helping hair from becoming dry; mitigating skin problems such as eczema and psoriasis, improving poor digestion, helping hypertension, and boosting hemoglobin production.*



Nutrient Glossary

Wolfberry Extract - Also known as Goji Berries, help to maintain a healthy immune system, improve eye conditions, support healthy liver function, maintain healthy blood pressure and blood sugar. Wolfberry is a strong antioxidant. Provides a rich source of carotenoids; natural fat-soluble pigments that play a critical role in Vitamin A activity in the body.*

Zinc - Zinc is a mineral important to prostate gland function. More than 300 enzymes in the body need zinc in order to function properly.*

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

As you explore the nutritional benefits of Daily Ultimate, it's essential to remember that these statements have not been evaluated by the FDA. Daily Ultimate is a dietary supplement designed to complement a healthy lifestyle and is not intended to diagnose, treat, cure, or prevent any disease. If you have any further questions about the ingredients or benefits of Daily Ultimate, please don't hesitate to reach out to us at info@nutrimentone.com. Our team is here to provide you with the information and support you need to make informed decisions about your health and wellness.

NOTE: The inclusion of a nutrient definition on this glossary does not infer that it is an ingredient of any product sold by Nutrimentone. Please see the individual product label and Supplement Facts for ingredients.

The inclusion of a nutrient definition in this glossary does not imply that it is an ingredient of any product sold by Nutrimentone. Please refer to the individual product label and Supplement Facts for detailed information on ingredients.