



NUTRITIONAL FACTS

Alanine	Activates muscles Boosts the immune system
Arginine	Builds new muscles Detoxifies the liver Boosts the immune system
Asparagine	Gives energy to the brain Builds the immune system
Aspartic Acid	Helps make healthy DNA Builds the immune system
Beta-carotene	Improves vision Protects the cornea Helps digestion Defends against free radical attack Boosts the immune system
Bioflavonoids	Removes toxins from skin cells Builds the immune system
Biotin	Produces healthy-looking hair
Boron	Strengthens bones Enhances mental clarity Unclogs arteries
Calcium	Strengthens bones Calms nerves Lowers cholesterol
Chlorophyll	Promotes bowel regularity Cleanses interstitial tissues
Chromium	Moderates existent diabetes Prevents adult-onset diabetes
Cobalt	Repairs nerve cells Helps produce red blood cells
Copper	Eases Arthritis Helps produce red blood cells
Cysteine	Detoxifies carcinogens
Essential Fatty Acids	Reduces cardiovascular disease

Electrolytes	Helps kidneys regain optimum function
Fibre	Eliminates toxic wastes
Fluorine	Fights tooth decay Improves bone density
Folic Acid	Improves mental function Prevents anemia
Germanium	Helps control Epstein-Barrvirus
Gamma-Linolenic Acid (GLA)γ	Lowers cholesterol
Glutamic Acid	Reduces alcohol/ sugar cravings
Glutamine	Improves concentration
Glutathione	Defends against free radical attack
Glycine	Calms nervous system
Glycogen	Increases physical stamina
Histidine	Enhances nutrient absorption Removes toxic metals
Iodine	Regulates body weight
Iron	Combats fatigue Lessens depression Decreases anemia
Isoleucine	Builds muscle Helps repair the liver
Lecithin	Dissolves cholesterol deposits Improves short-term memory
Leucine	Reduces Hypoglycemic symptoms
Linoleic Acid	Combats viral infections
Lysine	Helps prevent osteoporosis
Manganese	Assists joint mobility
Methionine	Enhances memory Elevates mood Removes heavy metals



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Molybdenum	Increases longevity
Niacin (Vitamin B3)	Reduces stress Lowers cholesterol Helps to reverse atherosclerosis
Nickel	Promotes cellular growth and reproduction
Nucleic Acids	Enhances memory
Omega-3 Fatty Acids Ω-3	Increases cell membrane flexibility Dissolves cholesterol deposits Reduces cardiovascular diseases
Omega-6 Fatty Acids Ω-6	Reduces arthritis symptoms Improves skin tone Reduces cardiovascular diseases
Pantothenic Acid (Vitamin B5)	Reduces morning arthritis pain Reduces alcohol toxicity Defends against free radical attack
Phenylalanine	Increases mental alertness Reduces sugar cravings
Phosphorous	Keeps teeth healthy Helps repair bone fractures
Potassium	Reduces hypertension Helps prevent high blood pressure
Proline	Raises learning ability Helps repair torn cartilage
Pyridoxine (Vitamin B6)	Boosts the immune system Relieves premenstrual tension
Riboflavin	Defends against free radical attack Provides physical energy Alleviates eye fatigue
RNA	Enhances "mind-brain" function
Selenium	Boosts the immune system Relieves anxiety

Serine	Beautifies skin
Silicon	Tightens the skin
Sodium	Prevents sunstroke
Superoxide Dismutase (SOD)	Defends against free radical attack
Substance P	Sharpens the mind
Thiamine (Vitamin B1)	Reduces fatigue Improves mental attitude Relieves tension
Threonine	Boosts the immune system Ameliorates skin tone
Tyrosine	Acts as an antidepressant Promotes mental alertness Strengthens memory
Valine	Builds muscle tissue
Vanadium	Balances blood sugar
Vitamin B12	Energizes the body Improves memory Repairs the nervous system
Vitamin C	Reduces duration of common cold Reduces cancer risk Deters gum bleeding
Vitamin E	Boosts the immune system Keeps nerve tissue healthy
Zinc	Eases memory access Lessens acne outbreaks Boosts the immune system Reduces symptoms of common cold Helps avoid prostate problems