

## NUTRITION'S FACTS

Nutrients Per 100 gm. Powder

INGREDIENTS	WT.	BENEFITS
DHA	1.25 g	Brain tonic, nerves system, eye vision, enhance memory power
<b>ESSENTIAL AMINO ACIDS</b>		
L- Leucine	55 mg	Protein generation, tissue building, stress, infection, trauma, liver tonic
L- Isoleucine	18 mg	Blood sugar and energy regulation, muscle and hemoglobin development
L- Valine	18 mg	Muscle metabolism, tissue repair, nitrogen balance, treating liver & gallbladder disorders
L- Lysine HCl	30 mg	Healthy skin
<b>ANTI OXIDANT / VITAMINS</b>		
Vitamin A	2500 IU	Tissue repair, infection resistance, produces visual purple for night vision, helps bones, teeth, hair and skin
Betacarotene	30 mg	Heart disease, respiratory system, radiation, diabetes, cancer, immune system, healthy bone
Vitamin E	5 IU	Hair loss, crossed eyes, heart disease, menopause, menstruation, phlebitis, allergies, diabetes, arthritis, high cholesterol, stress, angina, cystitis
Vitamin C	30 mg	Collagen production, tissue healing, iodine conservation, blood building, bone and tooth production, digestion, immune system, shock protection
<b>MULTIVITAMINS</b>		
Vitamin B1 (Thiamin)	4 mg	Circulation, growth, energy, brain capacity, organ and muscle tone, digestion, appetite, metabolism, blood building, hair, eyes, nervous system, heart function
Vitamin B2 (Riboflavin)	4 mg	Red blood cell formation, metabolism, cell respiration, eyes, nails, skin, hair, soft tissue
Vitamin B6 (Pyridoxine)	6 mg	Antibodies, Sodium/Potassium balance, fat and protein burning, digestion, nervous system, skin, blood building, muscle tone
Methyl cobalamin (Vitamin B12)	50 mcg	Blood building, cell life, metabolism, nervous system, appetite
Folic acid	1 mg	General growth, reproduction, digestion, metabolism, blood builder, appetite, liver, glands
Niacinamide (Vitamin B3)	20 mg	Cholesterol breakdown, sex hormones, metabolism, digestion, general growth, circulation, nervous system, brain, liver, skin, tongue
Calcium pantothenate (Vitamin B5)	3 mg	Metabolism, general growth, vitamin absorption, antibody production, digestion, nervous system, skin, adrenal gland
Biotin (Vitamin B7)	100 mcg	Fatty acid production, muscle tone, skin, Vitamin B absorption, cell growth, hair, metabolism
Vitamin K 27	60 mcg	Important in blood clotting and bone health
<b>MULTI MINERALS</b>		
Calcium	650 mg	Blood clotting, bone and tooth formation, nerve transmission, muscle growth, heart rhythm, nervous system, skin, soft tissue
Phosphorus	400 mg	Allows cells to function normally; helps the body produce energy; key in bone growth
Cholecalciferol (Vitamin D)	200 IU	Bone formation, nervous system, blood clotting, skin respiration, heart, thyroid gland, skin
Iron	5 mg	Stress, disease resistance, blood building
IODINE	0.1 mg	Metabolism & energy, physical and mental progress, thyroid gland, hair, teeth, nails, skin.
Magnesium	12 mg	Healthy bones, teeth, nervous system, heart disease, kidney stones
Zinc	5 mg	Healing, digestion, reproductive system, metabolism, prostate gland, heart, blood builder
Selenium	2.5 mg	Protects cells from damage; regulates thyroid hormone
Copper	1 mg	Healing process, hair and skin color, bone formation, blood building
Manganese	1.4 mg	Vitamin absorption, sexual hormones, skin, enzymes, reproduction, growth, nervous system, brain, muscles
Herbal blends	4.3 gm	Energy promoters, increase sex hormones, improve digestion power

A HEALTH PROMOTER DRINK POWDER



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