

## Vitamin Add-in Key

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- **Amino Blend** includes Glutamine, Ornithine, Arginine, Lysine, Citrulline, and Carnitine. The combination of these ingredients and the roles they play may aid the body in:
  - Protein metabolism
  - Cell volumizing
  - Anti-catabolism (prevents breakdown of muscle)
  - Increase of Human Growth Hormone secretion
  - Vasodilation and blood flow
  - Increased vitality
  - The conversion of fatty acids into energy
  - Growth and maintenance of bones and connective tissue
  - Fat metabolism and energy
  - Performance recovery time
  - Muscle building
- **B-Complex Vitamins** includes Thiamin(B1), Niacin (B3), Riboflavin (B2), Pantothenic Acid (B5) and Pyridoxine (B6) – This combination of B Vitamins help break down sugar, proteins, and fat for energy; play a key role in nerve, muscle, brain, and heart function, great for hair, skin, and nails, and help with red blood cell production for anemia.
- **B12** - A nutrient that helps keep your body's blood and nerve cells healthy. Almost every cell in the body uses B12. Besides helping form red blood cells, B12 converts fat and protein to energy. A B12 deficiency causes tiredness and anemia.
- **Biotin** - also known as B7 or Vitamin H. Biotin is necessary for the cell growth and the production of fatty acids in living organisms. Biotin converts fatty acids and glucose into fuel to produce energy. Biotin may aid the body in stronger hair and nails, and prevention of hair loss.
- **Calcium** – known for building and strengthening your bones, calcium may help you burn more fat by promoting the release of insulin, which moves glucose into your cells to be used as energy rather than stored as fat.
- **Glutathione** - A powerful antioxidant that helps the liver filter heavy metals and other toxins from the blood. Enhances immune system.
- **L-Arginine** – an amino acid that is used to make proteins and used to enhance blood flow to organs. It may also boost lean muscle mass and help preserve bone density.
- **L-Carnitine** - Building block for proteins, helps body burn fat as fuel.
- **Magnesium** - a mineral that's crucial to the body's function by helping keep blood pressure normal and bones strong. It aids in muscle contraction and relaxation and converting food into energy.
- **MICC** includes L-Methionine, Inositol, Choline and Cyanocobalamin. These are lipotropic agents which help with the breakdown of fat during metabolism in the body. Often referred to as "fat burning" injections, these components, especially inositol and choline, have also been found to improve mental function and feelings of depression.
  - Methionine: is one of nine essential amino acids in humans (provided by food) and is required for growth and tissue repair, improves the tone and pliability of skin, hair, and strengthens nails. Helps break down sugars and carbohydrates and convert to energy.
  - Inositol converts food to energy.
  - Choline: prevents excessive fat build up in the liver, promotes healthy nerve cells, cuts muscle recovery time, helps convert fat to energy.
  - Cyanocobalamin (B12) promotes healthy nerve cells and energy.
- **Mineral Blend** includes MagnesiumCL, Zinc, Manganese, Copper and Selenium. The combination of these ingredients and the roles they play may aid the body in:
  - Higher function of nervous system, behavior, memory, and learning
  - Immune defense + function

- Combating infections and wound healing
- Metabolism of amino acids, cholesterol, glucose, and carbohydrates
- Cognitive function
- Fertility in both men and women
- Thyroid hormone metabolism and DNA synthesis
- **Taurine** – an amino acid which helps maintain proper hydration and electrolyte balance in your cells. Taurine has antioxidant and anti-inflammatory properties that may help improve heart health and boost exercise performance.
- **Vitamin C** – an antioxidant your body needs to form blood vessels, cartilage, muscle and collagen in bones. Vitamin C is also vital to your body's healing process. Your body doesn't produce Vitamin C, so it needs to come from diet and supplements.
- **Zinc** - a nutrient found throughout your body which helps your immune system and metabolism function and is also important to wound healing and your sense of taste and smell.

#### Additional Add-Ins

- **Toradol** - a nonsteroidal anti-inflammatory drug (NSAID). Toradol works by reducing hormones that cause inflammation and pain in the body.
- **Zofran** - blocks the actions of chemicals in the body that can trigger nausea and vomiting.
- **Benadryl** - used to help relieve symptoms of hay fever (seasonal allergies), other allergies, and the common cold, as well as itchy skin due to insect bites, hives, and other causes.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. It is not meant to substitute for medical advice from your physician or other medical professional. You should not use the information contained herein for diagnosing or treating a health problem or disease, or prescribing any medication. If you have or suspect that you have a medical problem, promptly contact your regular health care provider.*