

VITAMIN	MAJOR FUNCTIONS
<b>VIT A (RETINOL)</b>  <b>BETA-CAROTENE</b> <b>(antioxidant)</b>	REDUCES HEART DISEASE RISK VISION MAINTENANCE (essential for night vision) IMMUNE FUNCTION CELLULAR GROWTH / DEVELOPMENT REPRODUCTION SKIN / HAIR / MUCOUS MEMBRANE MAINTENANCE BONE FORMATION TOOTH DEVELOPMENT REDUCES CANCER RISK
<b>VIT B1</b> <b>(THIAMIN)</b>	CARB METABOLISM FOR ENERGY NERVOUS SYSTEM FUNCTION DNA / RNA SYNTHESIS
<b>VIT B2</b> <b>(RIBOFLAVIN)</b>	CELLULAR RESPIRATION RBC FORMATION MACRONUTRIENT METABOLISM FOR ENERGY NERVOUS SYSTEM FUNCTION HEALTHY SKIN / EYES / NERVES / HAIR
<b>VIT B3</b> <b>(NIACIN)</b>	NERVOUS SYSTEM FUNCTION INCREASES BLOOD FLOW / HDL MACRONUTRIENT METABOLISM FOR ENERGY INSULIN / HORMONE SYNTHESIS REDUCES ELEVATED CHOLESTEROL LEVELS
<b>VIT B5</b> <b>(PANTOTHENIC ACID)</b>	REDUCES STRESS BOOSTS IMMUNE SYSTEM REDUCES GAS / BLOATING STEROID / CHOLESTEROL SYNTHESIS NERVOUS SYSTEM FUNCTION
<b>VIT B6</b> <b>(PYRIDOXINE)</b>	NERVOUS SYSTEM FUNCTION STRENGTHENS IMMUNE SYSTEM REMOVES AMMONIA FROM BLOOD REDUCES HEART DISEASE RISK MACRONUTRIENT METABOLISM FOR ENERGY RBC / ANTIBODY SYNTHESIS
<b>VIT B9</b> <b>(FOLIC ACID)</b>	REDUCES HEART DISEASE RISK MENTAL / EMOTIONAL HEALTH REDUCES RISK OF NEURAL TUBE BIRTH DEFECTS MACRONUTRIENT METABOLISM FOR ENERGY DNA / RNA SYNTHESIS RBC SYNTHESIS HEALTHY SKIN / BONE / MUSCLE TISSUE REDUCES HOMOCYSTEINE LEVELS ENHANCES APPETITE INCREASES BLOOD FLOW

<b>VIT B12 (COBALAMIN)</b>	NERVOUS SYSTEM FUNCTION MACRONUTRIENT METABOLISM FOR ENERGY RBC / WBC SYNTHESIS REDUCES HEART DISEASE RISK
<b>VIT B15 (PANGAMIC ACID)</b>	RESPIRATION PROTEIN SYNTHESIS STEROID HORMONE REGULATION
<b>BIOTIN (B-COMPLEX VIT)</b>	REDUCES MUSCLE PAINS FAT METABOLISM FOR ENERGY UTILIZATION OF B-VITAMINS
<b>VIT C (ASCORBIC ACID) (antioxidant)</b>	REDUCES FAT / CHOLESTEROL PROMOTES HEALTHY CELL DEVELOPMENT MAINTAINS / REPAIRS CONNECTIVE TISSUE BOOSTS IMMUNE SYSTEM / IRON ABSORPTION HEALTHY CAPILLARIES / GUMS / TEETH HEALS WOUNDS / REDUCES PAIN ENHANCES WORKOUT RECOVERY REDUCES LACTIC ACID BUILDUP REDUCES CANCER / HEART DISEASE RISK
<b>VIT D (antioxidant)</b>	NERVOUS SYSTEM FUNCTION BONE / TEETH MAINTENANCE PROMOTES CALCIUM ABSORPTION MAY IMPROVE MUSCLE STRENGTH VIT A / CALCIUM / PHOSPHORUS METABOLISM
<b>VIT E (antioxidant)</b>	CELLULAR RESPIRATION / CIRCULATION CELL MEMBRANE MAINTENANCE BOOSTS TESTOSTERONE PRODUCTION NORMAL RBC FORMATION ENERGY METABOLISM / BOOSTS IMMUNE SYSTEM DNA / RNA SYNTHESIS REDUCES PROSTATE CANCER HEALTHY SKIN / HAIR REDUCES LEG CRAMPS REDUCES HEART DISEASE RISK
<b>VIT K (MENADIOL)</b>	BLOOD CLOTTING FACTOR PRODUCTION BONE HEALTH TISSUE MAINTENANCE

MINERAL	MAJOR FUNCTIONS
<b>BORON</b>	REDUCES PROSTATE CANCER RISK INCREASES MEMORY ENHANCES ELECTROLYTE METABOLISM BONE FORMATION MAY BOOST TESTOSTERONE LEVELS
<b>CALCIUM</b>	REGULATES CELLULAR NUTRIENT FLOW BONE / TEETH MAINTENANCE INVOLVED IN MUSCLE CONTRACTILITY NERVE CONDUCTION REDUCES RISK OF OSTEOPOROSIS NORMAL HEARTBEAT REDUCES BODYFAT BLOOD CLOTTING MAY CONTROL HIGH BLOOD PRESSURE
<b>CHLORIDE</b>	BODY WATER BALANCE ELECTROYTE
<b>CHROMIUM</b>	INCREASES LEAN BODY MASS GLUCOSE METABOLISM MAY REGULATE GLUCOSE / INSULIN LEVELS DNA / RNA METABOLISM MAY LOWER CHOLESTEROL LEVELS
<b>COPPER</b>	JOINT / BONE HEALTH COLLAGEN FORMATION ENERGY PRODUCTION COMBINES WITH IRON TO FORM HEMOGLOBIN NERVOUS SYSTEM FUNCTION PROTEIN SYNTHESIS SKIN, HAIR, EYE PIGMENTATION IMMUNE FUNCTION GLUCOSE METABOLISM CHOLESTEROL METABOLISM
<b>FLUORIDE</b>	BONE / TEETH MAINTENANCE MUSCLE / NERVE FUNCTION
<b>IODINE</b>	THYROID GLAND FUNCTION REGULATES GROWTH / DEVELOPMENT / ENERGY METABOLISM ENERGY PRODUCTION

<b>IRON</b>	HEMOGLOBIN / MYOGLOBIN FORMATION RBC FORMATION / FUNCTION
<b>MAGNESIUM</b>	PROTEIN SYNTHESIS NERVE IMPULSE TRANSMISSION ENERGY PRODUCTION MAINTAINS HEALTHY BONES / HEART / MUSCLE TISSUE SUPPORTS HEALTHY IMMUNE SYSTEM MUSCLE CONTRACTILITY ASSISTS ELECTROLYTE / VIT C ABSORPTION INCREASES MUSCLE RELAXATION
<b>MANGANESE</b> (antioxidant)	THYROID / REPRODUCTIVE HORMONE COLLAGEN FORMATION ENERGY PRODUCTION MUSCLE REFLEX CARB METABOLISM BRAIN FUNCTION
<b>MOLYBDENUM</b>	DNA / RNA METABOLISM NEEDED FOR PRODUCTION OF URIC ACID
<b>PHOSPHORUS</b>	INCREASES OXYGEN DELIVERY TO CELLS BONE / TEETH MAINTENANCE INCREASES RMR BONE GROWTH MAINTENANCE ENERGY METABOLISM DNA / CELL MEMBRANE STRUCTURE ENERGY TRANSFER / ATP PRODUCTION MUSCLE CONTRACTILITY
<b>POTASSIUM</b>	SUPPORTS HEART, KIDNEY, MUSCLE, NERVE FUNCTION CONTROLS BLOOD PRESSURE MAINTAINS BODY'S WATER BALANCE
<b>SELENIUM</b> (antioxidant)	REDUCES HEART DISEASE RISK CELL PROTECTION FROM OXIDATIVE DAMAGE IMMUNE RESPONSE / THYROID HORMONE METABOLISM REDUCES RECOVERY TIME
<b>SODIUM</b>	BODY WATER BALANCE NERVE IMPULSE TRANSMISSION MUSCLE CONTRACTILITY
<b>ZINC</b> (antioxidant)	MUSCLE CONTRACTION PROSTATE HEALTH TESTOSTERONE PRODUCTION INSULIN SYNTHESIS / IMMUNE RESPONSE GROWTH / REPAIR OF MUSCLE TISSUE INVOLVED IN WOUND HEALING INCREASES IGF-1 INCREASES STRENGTH MACRONUTRIENT METABOLISM