

Iron	Provides oxygen to muscles		https://www.medicalnewstoday.com/articles/287228
Beta Carotene	Immune system health		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/
Vitamin H	Helps tissues develop		https://www.webmd.com/diet/health-benefits-biotin
Vitamin B9	Cell growth		https://www.medicalnewstoday.com/articles/287677
Vitamin B12	Cell metabolism & nerve function		https://www.mayoclinic.org/drugs-supplements-vitamin-b12/art-20363663#:text=Vitamin%20B%2D12%20(cobalamin),meat%2C%20fish%20and%20dairy%20products
Selenium	Helps to make DNA		https://www.hsph.harvard.edu/nutritionsource/selenium/
Absorbatox	Heartburn	Zerotox	https://abxpharma.com/clinical-evidence/
Rooibos Extract	Antioxidant		https://www.mdpi.com/1420-3049/24/9/1713
Cannabis Sativa L.	Reduce anxiety or stress	CBD	https://www.sciencedirect.com/topics/neuroscience/cannabis-sativa
Green Rooibos Extract	Antioxidant		https://www.mdpi.com/1420-3049/24/9/1713
Nicotinamide adenine dinucleotide (NAD)	Improves Cognitive Function	NAD	https://www.webmd.com/vitamins/ai/ingredientmono-1016/nadh
Green Rooibos Extract	Antioxidant		https://www.mdpi.com/1420-3049/24/9/1713
Ashwagandha	Relieves Stress and Anxiety.		https://www.webmd.com/vitamins/ai/ingredientmono-953/ashwagandha
Golden root	Decrease stress		https://www.webmd.com/vitamins/ai/ingredientmono-883/rhodiola
Grape seed	Treatment of diabete		https://www.webmd.com/diet/health-benefits-grape-seed
Green tea	Helps increase fat burning	Superfood Green	https://www.medicalnewstoday.com/articles/269538
Kale	Weight management		https://www.medicalnewstoday.com/articles/270435
Moringa	Help your body heal		https://www.healthline.com/nutrition/6-benefits-of-moringa-oleifera
Spirulina	Anti-inflammatory properties		https://www.webmd.com/diet/spirulina-health-benefits
Green Rooibos	Antioxidant		https://www.mdpi.com/1420-3049/24/9/1713
Curcumin	Arthritis, anxiety, and hyperlipidemia.		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/#:~:text=Research%20suggests%20that%20curcumin%20can,subsequent%20performance%20in%20active%20people
Ginger	Depression, dementia, Alzheimer's disease and post-traumatic stress disorder.		https://www.webmd.com/diet/ss/slideshow-health-benefits-ginger
Lutein	Age-related macular disease	Superfood Yellow	https://www.webmd.com/vitamins/ai/ingredientmono-754/lutein
Bioperine	Nutrient absorption		https://bioperine.com/researchhighlight/
Beta Carotene	Reproduction		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/
Green Rooibos	Antioxidant		https://www.mdpi.com/1420-3049/24/9/1713
Vitamin D3 100 000 IU/g	Support the immune system		https://www.webmd.com/drugs/2/drug-6152/cholecalciferol-vitamin-d3-oral/details
Vitamin K2 (Menaquinone MK7)	Osteoporosis, cardiovascular disease, inflammation, cancer, Alzheimer's disease, diabetes and peripheral neuropathy	Vit D3 K2	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7230802/
Selenium AAC 2%(Glycinate)	Helps to make DNA		https://www.hsph.harvard.edu/nutritionsource/selenium/
Activated charcoal	Helps with gas and indigestion	Activated Charcoal	https://www.webmd.com/vitamins-and-supplements/ss/slideshow-truth-about-activated-charcoal#:~:text=Some%20studies%20show%20that%20activated,make%20an%20upset%20stomach%20worse
Vitamin E 50% Dry	Helps prevent cardiovascular disease	Vitamin E	https://www.hsph.harvard.edu/nutritionsource/vitamin-e/#:~:text=The%20U.S.%20Preventive%20Services%20Task,therefore%20recommended%20against%20their%20use
Zinc AAC 20% (Glycinate)	Enzymes to carry out vital chemical reactions in the body	Zinc	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/
Vitamin A Acetate 500 000IU/g	Supports bone growth, reproduction and immune system health		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/
Vitamin C (As Ascorbic Acid)	Helps fight inflammation	Vitamin C	https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/
Vitamin E 50% Dry	Helps prevent cardiovascular disease	Vitamin E	https://www.hsph.harvard.edu/nutritionsource/vitamin-e/#:~:text=The%20U.S.%20Preventive%20Services%20Task,therefore%20recommended%20against%20their%20use
Chromium Picolinate 13%	Helps improve insulin sensitivity	Chromium Picolinate	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/
Folic Acid	Supports the body during pregnancy	Folic Acid	https://www.cdc.gov/ncbddd/folicacid/research.html#:~:text=Research%20has%20shown%20that%20taking,micrograms%20of%20folic%20acid%20daily
Providing elemental folate			https://www.webmd.com/vitamins/ai/ingredientmono-733/fenugreek
Green Tea Extract 95%	Helps increase fat burning		https://www.medicalnewstoday.com/articles/269538
L-Tyrosine	Thyroid hormones	Fat Attack	https://www.webmd.com/vitamins/ai/ingredientmono-1037/tyrosine
Gamma – Butyrobetaine Hydrochloride	Fat burning		https://www.webmd.com/vitamins/ai/ingredientmono-820/gamma-butyrolactone-gbl
Green Rooibos extract	Antioxidant		https://www.mdpi.com/1420-3049/24/9/1713
Green Tea extract 95%	Helps increase fat burning		https://www.medicalnewstoday.com/articles/269538
Fenugreek Seed Extract 4-1	Lowering blood sugar		https://www.webmd.com/vitamins/ai/ingredientmono-733/fenugreek
Guggul Extract 2.5% Guggulsterones	Weight loss	Metaboost	https://www.webmd.com/vitamins/ai/ingredientmono-591/guggul
Cinnamon bark extract 4:1	Reduce spasms		https://www.medicalnewstoday.com/articles/266069
Chromium Picolinate	Helps improve insulin sensitivity		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/
Providing elemental Chromium			
Organic Aloe Pectin Gel (Aloe Ferox)	Hypertension, or high blood pressure	Aloe Drink	https://pharmany.in/blog/alo-vera-gel-uses-and-uses/
Rooibos Extract	Antioxidant		https://www.medicalnewstoday.com/articles/269538
Vitamin A	Supports bone growth, reproduction and immune system health		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/
Vitamin D	Strong bones.		https://www.medicalnewstoday.com/articles/161618
Vitamin C	Helps fight inflammation		https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/
Vitamin E	Helps prevent cardiovascular disease		https://www.hsph.harvard.edu/nutritionsource/vitamin-e/#:~:text=The%20U.S.%20Preventive%20Services%20Task,therefore%20recommended%20against%20their%20use
Vitamin B1 (Thiamine)	Helps the body convert food into fuel		https://www.webmd.com/vitamins-and-supplements/health-benefits-of-vitamin-b-1
Vitamin B2 (Riboflavin)	Reduce oxidative stress and inflammation of nerves		https://www.medicalnewstoday.com/articles/219561
Vitamin B6 (Pyridoxine)	Brain development		https://www.webmd.com/diet/health-benefits-vitamin-b6
Folic Acid (Vitamin B9)	Supports the body during pregnancy	New Shake 2023	https://www.cdc.gov/ncbddd/folicacid/research.html#:~:text=Research%20has%20shown%20that%20taking,micrograms%20of%20folic%20acid%20daily
Vitamin B12	Red blood cell formation		https://www.mayoclinic.org/drugs-supplements-vitamin-b12/art-20363663#:text=Vitamin%20B%2D12%20(cobalamin),meat%2C%20fish%20and%20dairy%20products
Biotin (Vitamin B7)	Metabolise carbs		https://ods.od.nih.gov/factsheets/Biotin-HealthProfessional/
Pantothenic Acid (Vitamin B5)	Supports breakdown of fats and carbohydrates		https://www.ncbi.nlm.nih.gov/books/NBK563233/
Nicotinamide (Vitamin B3)	Supports nervous system, digestive system and healthy skin		https://www.hsph.harvard.edu/nutritionsource/niacin-vitamin-b3/
Vitamin K	Strong bones.		https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/
Calcium	Supports a healthy skeletal system		https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3999951/
Phosphorus	Repair, as well as for the synthesis of DNA and RNA		https://www.webmd.com/vitamins-and-supplements/what-is-phosphorus