

## Anique Vitamin Guide for Forever Healthy Supplements version 1 - August 2023

Ingredient	What it does	Product	Clinical I Research
Bifidobacterium breve	Provides good bacteria		<a href="https://www.webmd.com/vitamins/ai/ingredientmono-1665/bifidobacterium-breve#:~:text=breve)%20is%20a%20type%20of%20organisms%20that%20might%20cause%20diseases.">https://www.webmd.com/vitamins/ai/ingredientmono-1665/bifidobacterium-breve#:~:text=breve)%20is%20a%20type%20of%20organisms%20that%20might%20cause%20diseases.</a>
Bifidobacterium bifidum	Helps for IBS		<a href="https://www.webmd.com/vitamins/ai/ingredientmono-1666/bifidobacterium-bifidum#:~:text=People%20use%20B. support%20many%20of%20these%20uses.">https://www.webmd.com/vitamins/ai/ingredientmono-1666/bifidobacterium-bifidum#:~:text=People%20use%20B. support%20many%20of%20these%20uses.</a>
Bifidobacterium infantis	Helps for bloating		<a href="https://www.webmd.com/drugs/drug-637-29/bifidobacterium-infantis-oral/details">https://www.webmd.com/drugs/drug-637-29/bifidobacterium-infantis-oral/details</a>
Bifidobacterium lactis	Supports digestive health		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8324359/#:~:text=Bifidobacterium%20longum%20inhibits%20inflammation%20by.increasing%20acetate%20production%20%5B32%5D.">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8324359/#:~:text=Bifidobacterium%20longum%20inhibits%20inflammation%20by.increasing%20acetate%20production%20%5B32%5D.</a>
Bifidobacterium longum	Helps for vaginal inflammation		<a href="https://www.mayoclinic.org/drugs-supplements-acidophilus/art-20361967#:~:text=In%20addition%20to%20use%20as.the%20growth%20of%20good%20bacteria.">https://www.mayoclinic.org/drugs-supplements-acidophilus/art-20361967#:~:text=In%20addition%20to%20use%20as.the%20growth%20of%20good%20bacteria.</a>
Lactobacillus acidophilus	Digestive disorders		<a href="https://www.webmd.com/vitamins/ai/ingredientmono-1680/lactobacillus-acidophilus-and-bulganicus.html#:~:text=Lactobacillus%20acidophilus%20and%20bulgaricus%20has.in%20the%20stomach%20and%20intestines.">https://www.webmd.com/vitamins/ai/ingredientmono-1680/lactobacillus-acidophilus-and-bulganicus.html#:~:text=Lactobacillus%20acidophilus%20and%20bulgaricus%20has.in%20the%20stomach%20and%20intestines.</a>
Lactobacillus brevis	Supports cell activity		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/</a>
Lactobacillus bulgaricus	Helps for IBS		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC30741841/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC30741841/</a>
Lactobacillus casei	Helps balance the gut microbiota		<a href="https://pubmed.ncbi.nlm.nih.gov/22353742/">https://pubmed.ncbi.nlm.nih.gov/22353742/</a>
Lactobacillus paracasei	Helps break down food		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/10.1186/s12934-017-0669-x">https://www.ncbi.nlm.nih.gov/pmc/articles/10.1186/s12934-017-0669-x</a>
Lactobacillus plantarum	Helps absorb nutrients		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/</a>
Lactobacillus rhamnosus	Prevention and treatment of gastro-intestinal infections and diarrhea.		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/</a>
Lactobacillus salivarius	Supports dental hygiene		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/</a>
Lactobacillus lactis	Delivering antigens		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/</a>
Bacillus subtilis	Helps prevent inflammatory responses		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133768/</a>
Vitamin C (as Calcium Ascorbate)	Helps fight inflammation		<a href="https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/">https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/</a>
Iron	Provides oxygen to muscles		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC287228/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC287228/</a>
Zinc	Enzymes to carry out vital chemical reactions in the body		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin E	Helps prevent cardiovascular disease		<a href="https://www.hsp.harvard.edu/nutritionsource/vitamin-e/#:~:text=The%20U.S.%20Preventive%20Services%20Task,therefore%20recommended%20against%20their%20use.">https://www.hsp.harvard.edu/nutritionsource/vitamin-e/#:~:text=The%20U.S.%20Preventive%20Services%20Task,therefore%20recommended%20against%20their%20use.</a>
Vitamin B6	Nervous system support		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B5	Supports breakdown of fats and carbohydrates		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B2	Helps reduce oxidative stress		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Calcium	Supports a healthy skeletal system		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B1	Helps the body convert food into fuel		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Magnesium	Protein synthesis		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Molybdenum	Helps break down toxins		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Manganese	Blood clotting factors, and sex hormones		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Beta Carotene	Immune system support		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Copper	Helps the body form collagen to support bones, muscles and skin		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin D3	Support nerves and immune system		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Chromium	Helps improve insulin sensitivity		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B9	Cell growth		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B12	Production of DNA		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin H	Helps tissues develop		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Selenium	Helps to make DNA		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
EPA as EE 330 mg;	Helps lower high blood pressure		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
DHA as EE 220 mg	Supports brain function		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Calcium (as Calcium Citrate)	Supports a healthy skeletal system		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Magnesium (as Magnesium Citrate)	Protein synthesis		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin D3 10000IU/gram	Supports bone health		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin E (as Vitamin E 50% Dry)	Supports skin health		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Green Rooibos Extract	Antioxidant		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Buffered Vitamin C	Helps fight inflammation		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Zinc	Enzymes to carry out vital chemical reactions in the body		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin E	Prevention of cardiovascular disease		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Selenium	Helps to make DNA		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
African Polato extract	Anti-inflammatory & anticonvulsant		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Citrus Aurantium extract	Antidiabetic effects		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin C (Calcium Ascorbate)	Helps fight inflammation		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Zinc	Enzymes to carry out vital chemical reactions in the body		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Olive Leaf extract 4:1	Helps prevent LDL (bad) cholesterol		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Sutherlandia	Treats fever, diabetes, kidney and liver problems		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin E	Supports skin health		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Beta sitosterol	Reduce swelling		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Selenium	Helps to make DNA		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin A	Supports bone growth, reproduction and immune system health		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B3	Supports nervous system, digestive system and healthy skin		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B5	Supports breakdown of fats and carbohydrates		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B6	Brain development		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B1	Helps the body convert food into fuel		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B2	Reduce oxidative stress		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B9	Healthy cell growth		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin H (Biotin)	Helps tissues develop		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B12	Cell metabolism		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin E	Helps prevent cardiovascular disease		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Kelp (Laminariales)	Antioxidant		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Zinc	Enzymes to carry out vital chemical reactions in the body		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin E	Helps prevent cardiovascular disease		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B5	Supports breakdown of fats and carbohydrates		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
PABA (Para-aminobenzoic acid)	Treat infertility in women & arthritis		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin C (as Calcium Ascorbate)	Helps fight inflammation		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Magnesium	Protein synthesis		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B1	Helps the body convert food into fuel		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
L-Cysteine	Treat arthritis and hardening of the arteries		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin B2	Reduce oxidative stress		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Calcium	Supports a healthy skeletal system		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
MSM (Methylsulfonylmethane)	Reducing joint pain		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
OptiFlora+			
OptiVite			
OptiMega			
OptiCalMag			
OptiC			
OptiBoost			
OptiCalm			
OptiDerm			

Iron	Provides oxygen to muscles		<a href="https://www.medicalnewstoday.com/articles/287228">https://www.medicalnewstoday.com/articles/287228</a>
Beta Carotene	Immune system health		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Vitamin H	Helps tissues develop		<a href="https://www.webmd.com/diet/health-benefits-biotin">https://www.webmd.com/diet/health-benefits-biotin</a>
Vitamin B9	Cell growth		<a href="https://www.medicalnewstoday.com/articles/287677">https://www.medicalnewstoday.com/articles/287677</a>
Vitamin B12	Cell metabolism & nerve function		<a href="https://www.mayoclinic.org/drugs-supplements/vitamin-b12/art-20363663#~:text=Vitamin%20B%2D12%20(cobalamin),meat%2C%20fish%20and%20dairy%20products.">https://www.mayoclinic.org/drugs-supplements/vitamin-b12/art-20363663#~:text=Vitamin%20B%2D12%20(cobalamin),meat%2C%20fish%20and%20dairy%20products.</a>
Selenium	Helps to make DNA		<a href="https://www.hsph.harvard.edu/nutritionsource/selenium/">https://www.hsph.harvard.edu/nutritionsource/selenium/</a>
Absorbatox	Heartburn	Zerotox	<a href="https://abxpharma.com/clinical-evidence/">https://abxpharma.com/clinical-evidence/</a>
Rooibos Extract	Antioxidant	Zerotox	<a href="https://www.mdpi.com/1420-3049/24/9/1713">https://www.mdpi.com/1420-3049/24/9/1713</a>
Cannabis Sativa L.	Reduce anxiety or stress	CBD	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Green Rooibos Extract	Antioxidant	NAD	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Nicotinamide adenine dinucleotide (NA	Improves Cognitive Function	NAD	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Green Rooibos Extract	Antioxidant	NAD	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Ashwagandha	Relieves Stress and Anxiety.		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Golden root	Decrease stress		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Grape seed	Treatment of diabetes		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Green tea	Helps increase fat burning		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Kale	Weight management		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Moringa	Help your body heal		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Spirulina	Anti-inflammatory properties		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Green Rooibos	Antioxidant		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Curcumin	Arthritis, anxiety, and hyperlipidemia.		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Ginger	Depression, dementia, Alzheimer's disease and post-traumatic stress disorder.		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Lutein	Age-related macular disease		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Bioperine	Nutrient absorption		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Beta Carotene	Reproduction		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Green Rooibos	Antioxidant		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Vitamin D3 100 000 IU/g	Support the immune system		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Vitamin K2 (Menadionine MK7)	Osteoporosis, cardiovascular disease, inflammation, cancer, Alzheimer's disease, diabetes and peripheral neuropathy		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7230802/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7230802/</a>
Selenium AAC 2% (Glycinate)	Helps to make DNA		<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Activated charcoal	Helps with gas and indigestion	Activated Charcoal	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Vitamin E 50% Dry	Helps prevent cardiovascular disease	Vitamin E	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Zinc AAC 20% (Glycinate)	Enzymes to carry out vital chemical reactions in the body	Zinc	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3724376/</a>
Vitamin A Acetate 500 000IU/g	Supports bone growth, reproduction and immune system health	Vitamin C	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Vitamin C (As Ascorbic Acid)	Helps fight inflammation	Vitamin E	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3873196/</a>
Vitamin E 50% Dry	Helps prevent cardiovascular disease	Chromium Picolinate	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Chromium Picolinate 13%	Helps improve insulin sensitivity	Folic Acid	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Folic Acid	Supports the body during pregnancy	Fat Attack	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Providing elemental folate		Fat Attack	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Green Tea Extract 95%	Helps increase fat burning	Metaboost	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
L-Tyrosine	Thyroid hormones	Metaboost	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Gamma - Butyrobetaine Hydrochloride	Fat burning	Metaboost	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Green Rooibos extract	Antioxidant	Aloe Drink	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Green Tea Extract 95%	Helps increase fat burning	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Fenugreek Seed Extract 4-1	Lowering blood sugar	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Guggul Extract 2.5% Guggulsterones	Weight loss	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Cinnamon bark extract 4:1	Reduce spasms	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Chromium Picolinate	Helps Improve insulin sensitivity	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Providing elemental Chromium		New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Organic Aloe Pectin Gel (Aloe Ferox L)	Hypertension, or high blood pressure	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Rooibos Extract	Antioxidant	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin A	Supports bone growth, reproduction and immune system health	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin D	Strong bones.	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin C	Helps fight inflammation	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin E	Helps prevent cardiovascular disease	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin B1 (Thiamine)	Helps the body convert food into fuel	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin B2 (Riboflavin)	Reduce oxidative stress and inflammation of nerves	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin B6 (Pyridoxine)	Brain development	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Folic Acid (Vitamin B9)	Supports the body during pregnancy	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin B12	Red blood cell formation	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Biotin (Vitamin B7)	Metabolise carbs	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Pantothenic Acid (Vitamin B5)	Supports breakdown of fats and carbohydrates	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Nicotinamide (Vitamin B3)	Supports nervous system, digestive system and healthy skin	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Vitamin K	Strong bones.	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Calcium	Supports a healthy skeletal system	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>
Phosphorus	Repair, as well as for the synthesis of DNA and RNA	New Shake 2023	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192664/</a>