

Minerals & Amino Acids

As important as vitamins are, they can do nothing for you without minerals. Minerals are constituents of the bones, teeth, soft tissue, muscle, blood, and nerve cells. Vitamins cannot be assimilated without the aid of minerals. They are vital to overall mental and physical well-being.

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| Calcium | <ul style="list-style-type: none">• Builds and maintains bones and teeth• Helps maintain proper nerve and muscle function |
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| Magnesium | <ul style="list-style-type: none">• Plays an important role in regulating the neuromuscular activity of the heart• Converts blood sugar into energy |
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| Iron | <ul style="list-style-type: none">• Combines with protein and copper in making hemoglobin• Prevents fatigue |
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| Iodine | <ul style="list-style-type: none">• Aids in the development and functioning of the thyroid gland• Regulates the body's production of energy |
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| Copper | <ul style="list-style-type: none">• Necessary for the absorption & utilization of Iron• Helps proper bone formation & maintenance |
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| Zinc | <ul style="list-style-type: none">• Is an antioxidant nutrient• Aids in digestion and metabolism |
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| Manganese | <ul style="list-style-type: none">• Important in the breakdown of amino acids and the production of energy• Necessary for normal skeletal development• Maintains sex hormone production |
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| Chromium | <ul style="list-style-type: none">• Works with insulin in the metabolism of sugar and stabilizes blood sugar levels |
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| Potassium | <ul style="list-style-type: none">• Works with sodium to regulate the body's water balance and normalize heart rhythms |
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| Selenium | <ul style="list-style-type: none">• Protects cell membranes and prevents free radical generation thereby decreasing the risk of cancer and disease of the heart and blood vessels |
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Amino Acids

Amino acids are the building blocks of the body. Besides building cells and repairing tissue, they form antibodies to combat invading bacteria & viruses. They are part of the enzyme & hormonal system. Eight are essential (cannot be manufactured by the body) the rest are nonessential.

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| Tryptophan | <ul style="list-style-type: none">• A natural relaxant, helps alleviate insomnia by inducing |
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	<ul style="list-style-type: none"> normal sleep • Reduces anxiety & depression
Lysine	<ul style="list-style-type: none"> • Insures the adequate absorption of calcium
Methionine	<ul style="list-style-type: none"> • A principle supplier of sulfur which prevents disorders of the hair, skin and nails
Phenylalaine	<ul style="list-style-type: none"> • Used by the brain to produce Norepinephrine, a chemical that transmits signals between nerve cells and the brain
Threonine	<ul style="list-style-type: none"> • An important consituent of collagen, elastin, and enamel protein
Valine	<ul style="list-style-type: none"> • Promotes mental vigor, muscle coordination and calm emotions
Leucine & Isoleucine	<ul style="list-style-type: none"> • Provide ingredients for the manufacturing of other essential biochemical components in the body, some of which are utilized for the prodction of energy, stimulants to the upper brain and helping you to be more alert.
	Non-Essential Amino Acids
Arginine	<ul style="list-style-type: none"> • Improves immune responses to bacteria, viruses & tumor cells
Tyrosine	<ul style="list-style-type: none"> • Transmits nerve impulses to the brain;improves memory; increases mental alertness
Glycine	<ul style="list-style-type: none"> • Helps trigger the release of oxygen to the energy requiring cell making process
Serine	<ul style="list-style-type: none"> • A storage source of glucose by the liver and muscles • Helps strengthen the immune system by providing antibodies
Glutamic Acid	<ul style="list-style-type: none"> • Improves mental capacities
Aspartic Acid	<ul style="list-style-type: none"> • Aids in the expulsion of harmful ammonia from the body
Taurine	<ul style="list-style-type: none"> • Helps stabilize the excitability of membranes which is very important in the control of epileptic seizures
Cystine	<ul style="list-style-type: none"> • Functions as an antioxidant and is a powerful aid to the body in protecting against radiation and pollution • Necessary for the formation of skin
Histidine	<ul style="list-style-type: none"> • Used in the treatment of rheumatoid arthritis, allergic diseases, ulcers & anemia
Proline	<ul style="list-style-type: none"> • Extremely important for the proper functioning of joints

and tendons

- Alanine
- An important source of energy for muscle tissue, the brain and central nervous system