|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Vitamins-What are they for?**  **Some of the most common Vita/Minerals**   Multi Vitamin   "More Than A Multiple" is a whole food concentrate. It is a composition out of Vitamins, Minerals, Herbs, Potpourri, and Whole food Concentrates. It has an eight hour time release, and is most of our clients favorite Multi-Vitamin. Don't miss the nine *Nos* in this pearl of a supplement: No yeast, No Milk or Derivatives, No Lactose, No Egg, No Sugar, No Preservatives, No Artificial Flavor, No Sodium, No Iron.  Vitamin A (or beta-carotene):   for normal and night vision.  Vitamin B1:   for carbohydrate metabolism and energy production.  Vitamin B2:   for energy production; may also help with migraines.  Vitamin B3:   for energy production; high doses may be helpful in treating mental illnesses and lowering cholesterol.  Vitamin B6:   for making serotonin and other neurotransmitters.  Vitamin B12:   for Nerve energy and protecting genes against damage.  Vitamin C:   for immunity; high doses may reduce fatigue and improve mood.  Vitamin D:   For utilizing calcium; important for immunity and reducing cancer risk.  Vitamin E:   for reducing risk of coronary heart disease and some neurological disorders.  Vitamin K:   for normal blood coagulation, bone formation and glucose tolerance. (Find a multiple without this if you take warfarin)  Folic Acid:   for reducing risk of heart disease, stroke and cancer.  Pantothenic Acid:   for making adrenal hormones, which help us deal with stress.  Biotin:   for regulating blood sugar levels.  Choline:   for normal brain development and function.  Inositol:   for mental health; high doses may help relieve depression and anxiety.  Minerals  Calcium:   for making bone; best used in conjunction with magnesium and vitamins D and K.  Chromium:   for normal regulation of insulin and blood sugar.  Copper:   for normal immunity and blood-vessel repair.  Iodine:   for making thyroid hormones, which regulate metabolism.  Manganese:   for normal blood sugar and connective tissue health  Magnesium:   for bone and heart rhythm regulation.  Phosphorus:   for normal bone formation- but deficiencies are rare.  Potassium:   for maintaining normal electrolyte balance; may offset large amounts of dietary sodium.  Selenium:   for making some of the body's own antioxidants; can reduce cancer risk.  Zinc:   for immunity; healthy skin and eyes  Powered by BuilderSpot.com [home page software](http://www.builderspot.com/?rid=29995) | | | |