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| **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.MineralsCalcium:   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 healthMagnesium:   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 eyesPowered by BuilderSpot.com [home page software](http://www.builderspot.com/?rid=29995) |

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