



CUSTOMVITE®

PERSONALIZED NUTRITIONAL SUPPLEMENTS

NUTRITIONAL SUPPLEMENTS SUMMARY OF FUNCTIONS

VITAMINS

Vitamin A

Enhances immunity, acts as an antioxidant, useful for minimizing the effects of night blindness and skin disorders.

Vitamin C

A powerful antioxidant that our bodies use to make "collagen" which is needed for connective tissue, cartilage, tendons, etc., therefore vital for wound repair, healthy gums and preventing bruising. It also helps to eliminate toxins from our bodies and acts as a natural antihistamine.

Vitamin D3

Required for the utilization of Calcium and Phosphorus. Important for strengthening of bones. Enhances immunity and promotes normal blood clotting.

Vitamin E

An antioxidant, important for wound healing, improving circulation, reducing blood pressure and promoting normal blood clotting. Helps to maintain healthy nerves and muscles while strengthening capillary walls. Reduces the risk of heart related problems. Eliminates leg cramps and promotes healthy hair and skin.

Tocotrienols

Are part of the vitamin E group, and are potent antioxidants. Tocotrienols help maintain a healthy cardiovascular system by protecting it against atherosclerosis, and preventing the oxidation of LDL cholesterol.

Vitamin K1, K2

Needed for bone formation and blood clotting. Promotes healthy liver function and aids in reducing excessive menstrual flow.

Vitamin B1 (Thiamin)

Involved in carbohydrate metabolism, aids in digestion, increases circulation, improves mental attitude by optimizing brain function. Increases energy and appetite, keeps the nervous system, muscles and heart functioning normally.

Vitamin B2 (Riboflavin, R5P)

As the active form of Vitamin B2, R5P is more readily used by the body. Plays a key role in the activation and conversion of other B vitamins. Important for fat and glucose metabolism, red blood cell synthesis, and the production and regulation of certain hormones. Important for energy, eye health, and healthy skin and nails.

Vitamin B3 (Niacin/Niacinamide)

Important for producing energy, proper circulation, healthy skin, and functioning of the nervous and digestive system.

Vitamin B5 (Pantothenic Acid, Pantethine)

Important in the utilization of fats and carbohydrates for energy and in the manufacture of adrenal hormones and red blood cells. Useful for stress, fatigue,

muscle spasm, cramps, headaches and gastrointestinal upset.

Vitamin B6 (P5P)

Has effects of physical and mental health. Helps to prevent various nerve and skin problems and is needed for normal brain function. Helps in reducing muscle spasms and leg cramps.

Folic Acid

Important for energy production and red cell formation. Strengthens immunity and prevents birth defects. May increase appetite, promote healthier looking skin, avoid anemia and canker sores.

Vitamin B12 (Methylcobalamin)

Assists in the formation of red blood cells thereby preventing anemia, utilizes proteins, fats and carbohydrates. Increases energy, helps maintain a healthy nervous system, relieves irritability. Improves concentration and memory.

Biotin

Involved in protein, carbohydrate and fat metabolism. May help relieve muscle pain. Needed for healthy skin and hair. Promotes healthy sweat glands and nerve tissue.

MINERALS

Boron

Beneficial for the metabolism of calcium, magnesium and phosphorus. May enhance brain function and mental alertness. Beneficial for strengthening bones and overall skeletal health

Calcium

Important for formation of strong bones, teeth and healthy gums. Required for blood clotting, muscle contraction, and nerve impulses.

Chromium

Needed for energy, maintains normal blood sugar levels and helps to lower blood pressure.

Copper

Involved in energy production, healing process, taste sensitivity, hair and skin coloring. Important for healthy nerves and joints.

Iodine

Provides energy by metabolizing fats and is important for physical and mental development. Important for normal thyroid function.

Iron

Important for a healthy immune system and for energy production.

Magnesium

Essential for energy production, needed for bone, protein and fatty acid formation, relaxing muscles and eliminates sweet cravings. Helps reduce feeling of depression, promotes a healthier cardiovascular system. May provide relief from indigestion. Helps to prevent calcium deposits.

Manganese

Needed for healthy skin, bone and cartilage formation, as well as glucose tolerance.

Molybdenum

Helps in the metabolism of carbohydrates and fats, normalizes a rapid heartbeat and rapid breathing. Useful for minimizing the effects of night blindness.

Phosphorus

Important for heart regularity, normal kidney functioning and promotes healthy gums and teeth. Lessens the pain due to arthritis, and provides energy through the metabolism of fats and starches.

Potassium

Very important for a healthy nervous system and regular heart beat. Helps dispose bodily wastes. Assists in reducing blood pressure and helps with clear thinking.

Selenium

An antioxidant, works with vitamin E to maintain a healthy heart and liver. Along with zinc it may provide prostate support.

Strontium

Important for maintaining strong, healthy bones. It promotes bone formation and decreases bone resorption. It is useful in preventing osteoarthritis and reducing the risk of dental cavities.

Vanadium

May play a role in building strong bones and teeth, inhibiting formation of cholesterol and is helpful for people with sugar cravings. May improve glucose control.

Zinc

Important for prostate gland function and wound healing. Promotes healthy skin and a strong immune system. Helps enhance fertility, eliminates loss of taste, promote growth and mental alertness.

HERBALS

Ashwagandha

Is used to treat inflammation, fevers, and to protect against infection or illness. It has also been used to boost the immune system, improve memory, and to promote overall wellness. Many of the elements of ashwagandha are considered antioxidants.

Bilberry

Helps to control insulin levels and strengthens connective tissue. Acts as a diuretic and urinary tract antiseptic. Has been shown helpful for eye degeneration, inflammation, stress and anxiety.

Cordyceps

Often used as a replacement to certain immunosuppressive medications. It is important for vitality, energy, libido, immune enhancement, and adrenal insufficiency. Also used to reduce anxiety, stress, and sleep disturbances. Commonly used among athletes to increase energy levels and improve lung capacity.



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Eleuthero

An herbal antioxidant commonly used to increase energy. Categorized as an adaptogen, it strengthens the body's resistance to stress. Acts as a stimulant, decreases inflammation, increases physical performance and stamina.

Garlic

Enhances immune function, detoxifies the body, improves circulation, lowers blood pressure. May lower cholesterol and cleanses body of excess glucose.

Ginkgo Biloba

Improves brain function and circulation, possesses antioxidant properties, and may relieve leg cramps.

Ginseng

Aids in the assimilation of vitamins and minerals. Acts as a stimulant for mental and physical energy. Helps to normalize blood pressure, eliminate fatigue and insomnia. Improves circulation, and may help to alleviate gastrointestinal discomfort. Acts as a mild laxative and helps the body pass toxins through.

Green Tea Extract

Acts as a stimulant to reduce fatigue and improve the immune system.

Licorice

May be useful for respiratory infections and chronic fatigue. Reduces muscular spasms. Promotes adrenal gland function and increases the fluidity of mucus in the lungs and bronchial tubes.

Milk Thistle

Protects liver function and helps to relieve congestion of liver, spleen and kidneys.

Rhodiola Rosea

Helps to stimulate the nervous system, increases immunity, and decreases inflammation. It is used to treat depression, sleep disturbances, fatigue, stress, and hypertension. Categorized as an adaptogen, Rhodiola increases resistance to a variety of chemical, biological, and physical stressors.

Saw Palmetto

May be useful for prostate health and alleviates urinary tract discomfort.

Turmeric Root

Has an anti-inflammatory effect, lowers cholesterol and protects liver against toxins.

Co-Enzyme Q10

Reduces the risk of heart related problems. Lowers blood pressure and stimulates the immune system and oxygenation. Increases circulation.

Digestive Enzymes

Helps digest foods consumed. A mixture of enzymes that break down carbohydrates, proteins and fat.

Flax Seed Oil

Lowers blood cholesterol and triglyceride levels. Reduces pain, inflammation and swelling.

Fish Oil (EPA 400 mg, DHA 200 mg)

Has anti-inflammatory activity. Maintains blood triglyceride levels and may lower blood pressure. Beneficial for migraine headaches, digestive disorders and skin problems.

CLA (Conjugated Linoleic Acid)

Is known to have antioxidant and anti-cancer properties. Tends to reduce body fat, particularly abdominal fat, improves serum lipid profiles, and decreases whole-body glucose uptake.

PHYTONUTRIENTS

Chlorella Regularis

Stimulates growth of beneficial bacteria. Helps to detoxify chemicals and heavy metals. Enhances immune system.

Kelp

Rich in minerals, a good source of iodine. Helpful as a weight loss aid and energy enhancer.

Spirulina

Stimulates immune system, and may be helpful in removing toxic substances.

AMINO ACIDS

5-HTP

Is the immediate precursor of serotonin, plays a big role in sleep, emotional moods, pain control and inflammation.

Acetyl L-Carnitine

Has antioxidant activity, and promotes energy. Supports brain function and mental acuity.

L-Arginine

Stimulates immune system, increases muscle mass and reduces body fat. May be helpful for healing and repair of damaged tissue.

L-Asparagine

Required for a healthy central nervous system, important in the synthesis of ammonia.

L-Carnitine

Helps transport long-chain fatty acids; therefore it uses fats as an energy source. Aids in weight loss. Decreases the risk of heart related problems, alcohol-induced fatty liver, and increases muscle strength.

L-Cysteine

Acts as an antioxidant, may prevent liver disease and helpful in thickening hair.

L-Glutamine

Promotes building of muscle, supports proper brain function and mental acuity. Also helpful with digestive discomfort.

L-Glutathione

Has antioxidant properties, and helps in the detoxification process.

L-Glycine

Slows down muscle degeneration and helps in repairing damaged tissue.

L-Histidine

Has an anti-inflammatory effect, stimulates digestive enzyme gastrin, required to utilize trace minerals.

L-Isoleucine

Needed for hemoglobin formation, helps to stabilize blood sugar and energy levels.

L-Leucine

Works with isoleucine and valine to protect muscle. Stimulates healing of bones, skin and muscle tissue. May reduce blood sugar level and increase growth hormone production.

L-Lysine

Helps to build muscle, may lower triglyceride levels, and works with vitamin C and bioflavonoids to prevent infections.

L-Methionine

A powerful antioxidant helps to detoxify toxic substances such as lead, mercury and other metals. May prevent fat build-up in liver and arteries.

L-Ornithine HCl

Promotes the metabolism of excess body fat especially when combined with arginine and carnitine. Helps to detoxify ammonia and supports liver regeneration. Good for maintaining immune and liver function.

L-Phenylalanine

Needed to convert to tyrosine. Tyrosine is then converted to L-dopa norepinephrine and epinephrine, which may be useful for depression.

L-Proline

Helps the healing of cartilage and strengthens tendons, joints and heart muscles. Improves skin texture.

L-Serine

Aids in producing antibodies required to produce tryptophan, therefore used to relieve stress, anxiety, depression, and most critically used in the making serotonin.

L-Taurine

Has a protective effect on brain and heart function. Also helps to increase immunity.

L-Theanine

Can help relieve stress by inducing a relaxing effect without drowsiness. It has also been shown to promote the generation of alpha-brain waves, an index of relaxation. It may also boost natural resistance to microbial infections and perhaps even tumors.

ENZYMES/E.F.A.'s

Borage Oil (GLA 240 mg)

Has an anti-inflammatory effect, useful for RA, MS, eczema and psoriasis, and helpful in alleviating symptoms of PMS and menopause.

Bromelain

Powerful protein digestive enzyme found in pineapple. Natural blood thinner, anti-inflammatory, reduces sprains, strains and muscle aches and pains. Aids digestion and reduces heartburn.



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L-Threonine

Assists in the formation of collagen and elastin in the skin, enhances liver function, and helps build antibodies.

L-Tyrosine

Needed to form thyroid hormones, helpful to alleviate anxiety and depression.

L-Valine

Critical to glucose metabolism, protein synthesis, immune health, and tissue repair.

N-Acetylcysteine (NAC)

Protects the liver from toxic substances, allergy support, and increases glutathione levels.

Tryptophan

As a precursor to serotonin, it is effective as a sleep aid. It acts as a mood stabilizer and an appetite suppressant. Needed for the production of Vitamin B3 (niacin).

OTHER

Adrenal Extract

Promotes adrenal function often depressed by stress-related problems and fatigue.

Alpha Lipoic Acid

Acts as a coenzyme for carbohydrate metabolism in the citric cycle, antioxidant properties, and helps eliminate heavy metals.

Beta Sitosterol

Breaks down cholesterol deposits and emulsifies fats.

Chondroitin Sulfate

Prevents excessive blood clotting, helps to restore joint function and lower cholesterol.

Choline Bitartrate

Works with inositol to utilize fats and cholesterol, helps to improve memory, eliminates toxins from the body and may produce a soothing effect.

Citrus Bioflavonoids

Increases the effectiveness of vitamin C and aids in preventing and healing bleeding gums. Helps to build resistance to infection and strengthen capillary walls to prevent bruising.

DIM (Diindolymethane)

It is a naturally occurring phytonutrient that promotes beneficial estrogen metabolism and healthy hormonal balance. It prevents various types of cancer including breast, colon, and uterine. Helps detoxify the intestines and liver, and supports a healthy immune system.

D-Ribose

May have cardioprotective activity. Improves exercise performance and muscle development.

Glucosamine

Plays a role in wound healing and provides joints with the building block to repair damage.

Indole 3-Carbinol

Acts as an antioxidant which may have anticarcinogenic effects.

Inositol

Helps to lower cholesterol, aids in redistribution of body fat and promotes healthy hair.

Lecithin

Acts as a fat emulsifier and a supplier of choline which is needed for cell membrane integrity, and improves brain function.

Lutein

Affects the fluidity and function of cell membranes, may protect liver from toxins and increase glucose metabolism.

Lycopene

An antioxidant helpful in support of prostate, heart and skin health.

PABA

Keeps skin healthy and smooth, helps in delaying wrinkles and grey hair and helps form folic acid. Promotes the effectiveness of vitamin B5.

Phosphatidylserine

A type of phospholipid and an important component in cell membrane development. May support mental function.

Quercetin

May be beneficial for people with allergies due to its antihistamine and anti-inflammatory effects.

Red Yeast Rice

Has been found to reduce overall cholesterol levels and improve the ratios of HDL and LDL levels.

Resveratrol

Has some anti-oxidant, anti-infective and anti-inflammatory properties.

Sulfur (MSM)

Helps to maintain oxygen necessary for proper brain function, helps fight bacterial infections, needed to promote healthy hair, skin and nails. Part of tissue building amino acids and works with B vitamins for basic body metabolism.

Trimethylglycine (TMG)

Is used to treat high homocysteine levels. It has also been shown to be helpful in certain rare genetic disorders involving cysteine metabolism. TMG's primary use as a nutritional supplement is in supporting proper liver function.

The statements contained herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat cure, or prevent any diseases.