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Acacia gum (Fibregum™) is a soluble fiber with prebiotic effects that promote beneficial gut bacteria growth, enhance gut barrier function, and support digestive health.

Alpha lipoic acid (ALA-P) is a potent antioxidant that supports blood sugar control by improving insulin sensitivity and glucose metabolism. It protects nerve health by reducing diabetic neuropathy symptoms and combats oxidative stress to prevent cellular damage.

American ginseng extract (Cereboost™) is derived from the roots of the *Panax quinquefolius* plant. It is used as an adaptogen to help improve memory and focus, boost energy, support healthy blood sugar levels, and enhance the immune system.

Ashitaba leaf comes from a plant native to Japan and is known for its high content of antioxidant-rich chalcones. These compounds protect cells from damage, potentially slowing down aging. Ashitaba also helps prevent weight gain and metabolic issues due to its unique chalcones, which can inhibit the growth of harmful bacteria, making it useful for fighting infections.

Ashwagandha extract (KSM-66®/ Shoden®) is derived from the dried roots of the *Withania somnifera*. It helps reduce stress and anxiety, promotes better sleep, and supports mental clarity, focus, and memory. It also has anti-inflammatory and antioxidant properties that help protect the body from stress and damage.

Astaxanthin (NatAxtin®ME) is a natural carotenoid found in algae and seafood, known for its powerful antioxidant and anti-inflammatory properties. It helps protect cells from oxidative damage, reduces inflammation, and supports a healthy heart by improving blood flow and lowering LDL cholesterol.

Beetroot (Naturex), is a rich source of natural pigments called betalains and anthocyanins that reduce inflammation and cell damage. It supports heart health by relaxing blood vessels, lowering blood pressure, and improves anemia by providing iron, folate, and vitamin C to boost red blood cells and iron absorption.

Betain anhydrous / Trimethylglycine, is a natural compound that supports heart health by lowering homocysteine levels and aids liver health by improving fat metabolism and preventing liver damage.

Bilberry extract (Bilberon®) contains natural compounds called anthocyanins. It helps improve eye health by reducing eye fatigue and protecting against glaucoma. It also supports blood sugar control and may help protect the brain from age-related decline.

Bitter melon extract (Glycostat®) helps regulate blood sugar by improving insulin secretion and improving glucose utilization. It is rich in vitamin C and beta-carotene, which reduces inflammation and oxidative stress, thereby supporting metabolic health.

Black turmeric extract (Sirtmax®) comes from the root of the *Curcuma caesia* plant. It helps reduce inflammation associated with conditions like arthritis, as well as digestive and respiratory issues. Additionally, it can relieve pain, boost the immune system to fight infections, and promote healthy skin by aiding wound healing.

Boswellia serrata extract and Turmeric root extract (BosNext®) help reduce inflammation in conditions like arthritis, asthma, and digestive issues. They also relieve pain and joint stiffness, improving mobility. Both have antioxidant properties that protect cells from damage caused by free radicals.

Broccoli sprout extract are young shoots rich in sulforaphane, a powerful antioxidant that reduces inflammation and supports cancer prevention. It aids in the treatment of stomach ulcers by targeting *H. pylori* infections. It supports detoxification by enhancing the elimination of toxins and environmental pollutants from the body.

Calcium alpha ketoglutarate supports healthy aging by reducing inflammation and improving cellular energy production. It promotes muscle growth and recovery by enhancing protein synthesis and preventing muscle breakdown. It also helps maintain bone and skin health through collagen support.

Calcium carbonate helps to strengthen bones and teeth and neutralizes stomach acid to relieve indigestion. It supplies calcium for bone mineralization and supports blood clotting.

Chios mastiha (Chios mastiha®) is a natural resin from the mastic tree (*pistacia lentiscus* var. *chia*), known for its anti-inflammatory, antioxidant, antimicrobial, and gastroprotective properties. It supports gastrointestinal health by reducing gastric acid secretion, enhancing the mucosal barrier, promoting healing of the stomach lining, and exhibiting antibacterial activity against *Helicobacter pylori*.

Chondroitin sulphate improves the elasticity, strength, and resilience of articular cartilage. It helps reduce joint inflammation, decreases joint pain, and enhances joint mobility and function, making it widely used for managing osteoarthritis symptoms.

Chromium picolinate is a mineral supplement that improves insulin sensitivity and blood sugar regulation. It is often used to aid metabolism, and enhance insulin effectiveness. It may also aid in reducing hunger and food cravings, supporting weight management, and improving lipid profiles by lowering LDL cholesterol and triglycerides.

D-Chiro-Inositol (Chinositol™) is a naturally occurring compound that plays an important role in improving insulin sensitivity and hormonal balance, particularly in women with polycystic ovary syndrome (PCOS). D-Chiro-Inositol also supports metabolic health by improving insulin signaling and lowering insulin resistance.

Damiana leaf extract (Aphrodana®) derived from *turnera diffusa*, is best known as a natural aphrodisiac, helping to enhance sexual desire and function in both men and women. It also supports mood enhancement and relaxation, reducing symptoms of anxiety and mild depression.

Dehydroepiandrosterone (DHEA) is used to improve mood, energy, and overall well-being. It supports hormone balance by serving as a precursor to estrogen and testosterone, helping with symptoms of aging, menopause, and adrenal insufficiency. DHEA may also help improve bone density, sexual function, and fertility, and reduce depression.

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Digestive enzymes (DigeSEB Pro™) support the breakdown of carbohydrates into simple sugars for energy. They also aid in protein digestion by breaking proteins into smaller units to support tissue repair and growth. Additionally, they help break down fats into glycerol and fatty acids, which are important for energy storage and use.

Dihydroberberine (GlucoSober®) is a modified, more absorbable form of berberine that supports blood sugar control and improves insulin sensitivity, making it beneficial for managing diabetes and metabolic health. It supports healthy lipid metabolism and cardiovascular function by lowering bad cholesterol and triglycerides, reducing inflammation, and improving blood vessel elasticity.

Dihydroquercetin (DR.DHQ™) is a potent natural antioxidant and anti-inflammatory flavonoid. It inhibits inflammatory pathways, helping to decrease inflammation. These properties contribute to its cardioprotective effects by improving lipid profiles, lowering cholesterol, and enhancing endothelial function.

Ergothioneine (DR.ERGO™) is a naturally occurring sulfur-containing antioxidant predominantly found in mushrooms and select legumes. It acts as an antioxidant that protects cells from damage caused by oxidative stress and also helps reduce inflammation. By supporting overall cellular health, ergothioneine has been linked to a lower risk of cardiovascular and neurodegenerative diseases.

Fermented soy (Gastro-AD®) supports healthy gut flora, helping to reduce bloating, relieve constipation, and improve digestion. It promotes cardiovascular health through nattokinase, which lowers blood pressure, reduces cholesterol, and dissolves blood clots. Fermented soy improves insulin sensitivity and glucose metabolism, aiding blood sugar control.

Fisetin (DR.FIS=TIN™) is a natural flavonoid with potent antioxidant, anti-inflammatory, and senolytic properties. It supports healthy aging by eliminating damaged cells, supporting neurological and cardiovascular health and improving metabolism.

Free lutein and zeaxanthin (XanMax®) are antioxidants that support eye health by accumulating in the retina, particularly the macula. They help filter high-energy blue and ultraviolet light, reducing light-induced oxidative damage to eye tissues and supporting long-term eye health.

Gamma-aminobutyric acid (Oryza GABA™) is naturally found in fermented foods, helps control anxiety, stress, and fear by producing a calming effect. It supports sleep quality by alleviating insomnia, exhibits anti-seizure properties, and promotes muscle stabilization by reducing spasms and encouraging relaxation.

Ginger extract (Ginfort®) helps relieve nausea and vomiting associated with pregnancy, chemotherapy, surgery, and motion sickness. It has anti-inflammatory properties that aid in managing joint inflammation and muscle soreness. Additionally, ginger exhibits antimicrobial activity, inhibiting the growth of harmful pathogens and supporting overall body health.

Glycine is a key component of proteins including collagen, which is vital for maintaining the structure and function of skin, bones, tendons, and connective tissues. It also plays a role in regulating motor neuron activity, helping to control muscle movement.

Green tea extract EGCG is a powerful antioxidant that protects cells from aging and disease. It supports brain health by improving memory and reducing anxiety, promotes cardiovascular health by lowering LDL cholesterol and blood pressure, and boosts metabolism to aid healthy weight management.

Griffonia simplicifolia extract (5-HTP) supports mood regulation by promoting serotonin production, which helps stabilize mood and alleviate symptoms of anxiety and stress. It also aids in sleep improvement and weight management. Its antioxidant properties further contribute to overall well-being.

Gynostemma pentaphyllum (Jiaogulan) extract (Actiponin®) is known for its adaptogenic, antioxidant, and anti-inflammatory properties. It supports cardiovascular health by lowering blood pressure and cholesterol, aids metabolic health by improving insulin sensitivity and promoting weight loss, and protects the liver from damage.

Hesperidin, found in citrus fruits, helps regulate blood pressure and lower LDL cholesterol, promoting healthy circulation. It is beneficial for conditions such as varicose veins, hemorrhoids, and venous insufficiency.

Hyaluronic acid (AquaHA®) helps improve skin elasticity and maintain a youthful, radiant complexion. It supports tissue growth and repair, promoting faster wound healing and reducing scarring. Hyaluronic acid also stimulates the production of collagen and elastin.

Hydrolysed marine collagen (KolaGAG) is made from fish skin, bones, and scales, helps boost new collagen production to improve skin hydration, elasticity, and reduce wrinkles. It also supports stronger, healthier hair, nails, and connective tissues.

Inositol hexanicotinate is a form of niacin (Vitamin B3) combined with inositol, designed to provide the benefits of niacin without the common flushing side effect. It enhances circulation through vasodilation and contributes to cardiovascular health by reducing LDL cholesterol and triglycerides while increasing HDL cholesterol.

Klamanth blue green algae (BlueGae™) supports brain health and while boosting mental energy, attention, and focus. It offers antioxidant and anti-inflammatory benefits, promotes cardiovascular health, aids detoxification, and enhances physical stamina.

L-Arginine supports cardiovascular health by widening blood vessels to improve circulation and lower blood pressure. It boosts immune function by stimulating white blood cell production, enhancing the body's ability to fight infections. Additionally, it improves blood flow and oxygen delivery to muscles, which can enhance exercise performance, reduce fatigue, and support muscle repair and men's health.

L-Citrulline supports vasodilation by relaxing and widening blood vessels, which improves circulation and enhances oxygen delivery throughout the body. It also helps reduce both systolic and diastolic blood pressure, contributing to overall cardiovascular health and men's health.

L-Glutamine is an amino acid that supports gut lining repair, immune function, and muscle recovery. Commonly used in clinical nutrition for gastrointestinal health, especially in leaky gut, irritable bowel syndrome, or after chemotherapy. It also aids muscle repair and post-exercise recovery.

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L-Glutathione (OPITAC™) is a tripeptide composed of glutamine, cysteine, and glycine, and is one of the body's most powerful intracellular antioxidants. It supports cellular detoxification, neutralizes free radicals, and promotes immune function. It is used for liver support, skin brightening, and reducing oxidative stress. Additionally, it plays a key role in maintaining mitochondrial health and preserving DNA integrity.

L-Lysine hydrochloride is an essential amino acid that supports protein synthesis, tissue repair, calcium absorption, immune function and collagen formation. It also supports children's growth, bone health, and immune function.

L-Ornithine monohydrate supports muscle recovery and growth by promoting protein synthesis and clearing toxic ammonia from the body. It helps reduce fatigue, stimulates growth hormone release, and aids liver detoxification, making it beneficial for physical performance and overall metabolic health.

L-Phenylalanine plays a key role in producing important neurotransmitters such as dopamine, norepinephrine, and epinephrine, which help regulate mood, alertness, and nervous system function.

L-Theanine promotes relaxation and stress reduction by increasing alpha brain wave activity, while also enhancing focus and mental clarity without causing drowsiness.

L-Tyrosine supports cognitive performance and mental resilience by replenishing neurotransmitters that are depleted during stress or fatigue, thereby improving alertness, concentration, and mood.

Lycopene (Lyco360) is a red carotenoid pigment found in tomatoes and other red fruits and vegetables. Known for its potent antioxidant activity, lycopene helps neutralize free radicals, supports cardiovascular health, and may reduce the risk of prostate and skin-related oxidative damage. It also promotes healthy aging and protects cellular function.

Maca extract (Tokiwa Maca) is known for boosting energy and enhancing sexual health by increasing libido, improving erectile function, and enhancing sperm quality. Maca may also help regulate blood sugar, reduce fatigue, improve mood, and relieve menopausal symptoms.

Magnesium bisglycinate (Cypress) is a chelated form of magnesium bound to the amino acid glycine. Known for its calming and gentle effects, it supports muscle relaxation, improves sleep quality, enhances nerve signaling, and helps regulate mood. Compared to other magnesium forms, it is less likely to cause digestive discomfort, making it ideal for addressing magnesium deficiency, stress-related symptoms, and promoting healthy aging.

Maritime pine bark extract (Enzogenol®) is rich in proanthocyanidins, which offer strong antioxidant and anti-inflammatory properties. It is used to support cardiovascular health, improve blood circulation, enhance skin health, and boost cognitive function. The extract helps reduce oxidative stress and supports endothelial function for overall vascular wellness.

Melatonin regulates the body's circadian rhythm and sleep wake cycle. It is commonly used to support restful sleep, reduces jet lag, and improves sleep onset. It also has antioxidant properties and may support immune health and mood balance.

Microencapsulated iron pyrophosphate (Lipofer®) is a less reactive form of iron, and when micronized or microencapsulated, it improves stability, reduces metallic taste, and enhances absorption. It supports red blood cell production, prevents iron-deficiency anemia, and is gentle on the gastrointestinal tract compared to other iron salts.

Milk thistle extract contains silymarin, a natural antioxidant and liver-support compound. Commonly used for liver detoxification, it protects hepatocytes from toxins, supports liver regeneration, and reduces oxidative stress and inflammation.

N-Acetyl-L-Cysteine (NAC) is a stable, acetylated form of the amino acid cysteine and a precursor to glutathione which is an antioxidant. It supports liver detoxification, reduces oxidative stress, and thins mucus in the lungs, aiding respiratory health. NAC is also known for its role in protecting the brain and modulating inflammation.

N-Acetyl-Glucosamine (NAG) (GreeNAG) is a naturally occurring derivative of glucose and a component of glycoproteins and glycosaminoglycans in joint cartilage and gut lining. It supports joint health, enhances the repair of intestinal mucosa, and may benefit conditions like osteoarthritis and inflammatory bowel disease by promoting cellular regeneration and reducing inflammation.

Nattokinase (NSK-SD®) – 20,000 FU/g is a fibrinolytic enzyme extracted from natto, a Japanese fermented soybean food. It supports cardiovascular health by breaking down fibrin, helping to maintain healthy blood flow and reducing clot formation. Often used as a natural blood-thinner, it may support circulation and lower blood pressure.

Nicotinamide mononucleotide (NMN) (ReV-AGE™) is a direct precursor to NAD+ (nicotinamide adenine dinucleotide), a critical coenzyme in cellular energy production, DNA repair, and longevity pathways. Supplementing with NMN may support healthy aging, improve mitochondrial function, enhance cognitive performance, and promote metabolic health by boosting NAD+ levels.

Oat beta glucan (PromOat) is a soluble fiber extracted from the cell walls of oats (*Avena sativa*). It supports heart health by lowering LDL cholesterol, helps regulate blood sugar levels, and promotes healthy digestion. It also enhances immune response by stimulating the activity of macrophages and natural killer cells.

Phosphatidylserine (Neuroserine®) supports cognitive function, memory retention, and mental clarity by facilitating neurotransmission and maintaining cellular membrane fluidity. It is also used to reduce stress-related cortisol levels and improve focus.

Polypodium leucotomos extract is derived from a tropical fern. It protects the skin from sun damage by reducing sunburn, pigmentation, and inflammation caused by ultraviolet (UV) radiation. It is also used to manage inflammatory skin conditions such as eczema, psoriasis, vitiligo, and melasma.

Pomegranate extract (Viqua®) exhibits strong antioxidant and anti-inflammatory properties, supports cardiovascular health, promotes healthy aging, and may help protect against oxidative stress and certain chronic diseases. It also contributes to healthy skin by reducing inflammation and protecting against environmental damage.

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Potassium iodide serves as a source of iodine. It supports healthy thyroid function by aiding in the synthesis of thyroid hormones. It is also used in emergency settings to protect the thyroid from radioactive iodine exposure.

Probiotics: 11-strains probiotics blend - 400 billions CFU/g (*Bifidobacterium animalis* subsp. *lactis* BIO5764, *Lactocaseibacillus rhamnosus* BIO6870, *Bifidobacterium breve* BIO6018, *Bifidobacterium longum* subsp. *longum* BIO6283, *Lactocaseibacillus casei* BIO5773, *Limosilactobacillus fermentum* BIO6529, *Lactobacillus helveticus* BIO6497, *Lactocaseibacillus paracasei* subsp. *paracasei* BIO5452, *Lactiplantibacillus plantarum* subsp. *plantarum* BIO1096, *Bifidobacterium bifidum* BIO5480, *Streptococcus thermophilus* BIO1488). A well-balanced probiotic blend containing multiple strains, offers comprehensive gut health support, immune modulation, digestive balance, and metabolic benefits. This diverse probiotic combination enhances microbiome diversity, promoting optimal digestion, nutrient absorption, and immune function.

Probiotics: *Bifidobacterium breve* B-3 (B-63-EX) - 100 billions CFU/g enhances fat metabolism and supports weight management, improves gut barrier integrity, and modulates immune responses to reduce inflammation.

Probiotics: *Bifidobacterium breve* M-16V (M-16V) - 100 billions CFU/g promotes healthy infant gut microbiota development, supports immune system maturation, and helps maintain intestinal homeostasis by balancing microbial populations.

Probiotics: *Bifidobacterium infantis* M-63 (M-63) - 80 billions CFU/g supports digestion of human milk oligosaccharides, reduces gut inflammation, and promotes immune tolerance, especially in early life stages.

Probiotics: *Bifidobacterium longum* subsp. *longum* BB536 (BIFILON-50F) - 80 billions CFU/g strengthens intestinal barrier function, modulates immune responses to reduce allergic reactions, and supports overall digestive health through microbiota balance.

Probiotics: *Lactobacillus plantarum* K014 (Lassica K014™) - 5000 billions CFU/g exhibits strong anti-inflammatory and antioxidant properties, improves intestinal barrier integrity, and helps maintain a balanced gut microbiota for digestive wellness.

Postbiotics: *Akkermansia muciniphila* (AKK11) - 600 billions TFU/g strengthens the gut mucosal and improves metabolic health by enhancing insulin sensitivity and reduces systemic inflammation. Research shows that it supports cardiometabolic health by modulating lipid metabolism, lowering endotoxemia, and improving endothelial function.

Postbiotics: *Lactobacillus paracasei* MCC1849 (LAC-Shield™) - 500 billions TFU/g stimulates production of anti-inflammatory cytokines, enhances mucosal immunity, and reduces allergic symptoms by modulating immune cell activity.

Postbiotics: *Limosilactobacillus reuteri* DSM 17648 (Pylopass™) - 20 billions/g specifically binds and helps remove *Helicobacter pylori* from the stomach lining, supports gastric mucosal health and reduce inflammation.

Postbiotics: Sakura lactic acid (Sakulora) - 1000 billions CFU/g produces bioactive metabolites that modulate gut microbiota composition, enhance intestinal barrier function, and reduce local inflammation, supporting overall digestive health.

Purple tea extract (Alluvia®) contains anthocyanins, polyphenols, and caffeine. It supports weight management, fat metabolism, antioxidant defense, and cardiovascular health.

Pyrroloquinoline quinone (BioPQQ™) supports cellular energy production. It enhances mitochondrial function to support the health of vital organs such as the heart and brain. It improves cognitive function, including memory, attention, and executive performance. BioPQQ™ is a premium anti-aging compound important for telomere health.

Red angelica (*Angelica gigas* Nakai) extract, Silk plant (*Cynanchum wilfordii*) extract, Firewood (*Phlomis umbrosa Turczaninow*) extract (EstroG-100®) relieves menopausal symptoms like hot flashes, mood changes, sleep disturbances, joint pain, and vaginal dryness without estrogenic effects. It also supports bone health and offers anti-inflammatory and antioxidant benefits, providing a natural, hormone-free alternative for menopause support.

Red yeast rice extract is a fermented rice product containing naturally occurring monacolin K, which helps lower LDL cholesterol levels in the liver, prevents plaque buildup in arteries, promotes better blood flow and enhances overall cardiovascular function. Additionally, it may reduce the risk of stroke and heart attack.

Resveratrol (Veri-te™) is a natural antioxidant found in grapes that helps lower total cholesterol, LDL cholesterol, and triglycerides, supporting heart health. It reduces blood pressure by boosting nitric oxide, relaxes blood vessels, and has anti-inflammatory effects that protect blood vessels and is scientifically proven for heart disease.

Saffron extract (Safr'Inside™) is known for its antioxidant and mood-enhancing properties. It helps improve mood by reducing depression and anxiety, supports cognitive health, and protects against oxidative stress. Additionally, saffron promotes heart health, enhances sleep quality, relieves PMS symptoms, supports eye health, aids weight management, and boosts sexual function.

Superoxide dismutase (SOD B Extramel M®) - 14,000 IU/g is a key antioxidant enzyme that protects cells by converting harmful superoxide radicals into oxygen and hydrogen peroxide. This process reduces oxidative stress, preventing damage to DNA, proteins, and cell membranes. SOD supports overall health by lowering inflammation and protecting against aging, cancer, neurodegenerative, and cardiovascular diseases.

Taurine is an antioxidant that protects cells by reducing oxidative stress, stabilizing mitochondria, and regulating calcium. It supports heart health by reducing blood pressure and inflammation, while also promoting brain, eye, and muscle function. Taurine is used to help manage heart disease, diabetes, and neurodegenerative disorders.

Tocotrienol complex (TocoGaia) is a form of vitamin E, is an antioxidant that supports heart health by lowering cholesterol and reducing artery plaque. It also promotes bone strength, offers neuroprotection by protecting brain cells from oxidative damage, and has anti-inflammatory and anticancer properties. This neuroprotective effect helps to prevent age-related cognitive decline and neurodegenerative diseases.

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Trehalose supports beneficial skin microbes and helps the skin retain moisture by forming a protective barrier that keeps it hydrated and soft. It stabilizes proteins and cell membranes, protecting them from environmental stress and dehydration. Trehalose also promotes wound healing. Additionally, it is widely used as a stabilizer in pharmaceuticals.

Tremella fuciformis extract (Trebeaut) supports gut health by reducing inflammation, strengthening the intestinal barrier, and promoting beneficial gut bacteria. It also offers powerful moisturizing and anti-aging benefits by hydrating skin, improving elasticity, and boosting collagen production.

Ubiquinol (Kaneka Ubiquinol®) is the active, reduced form of coenzyme Q10 that plays a vital role in cellular energy production. It also helps protect cells from oxidative damage caused by free radicals, supporting overall cellular health. It supports heart muscle function by aiding contraction and relaxation, which improves symptoms of congestive heart failure and other heart-related complications. It also helps reduce the frequency and severity of migraines.

Urolithin A (UltraUro®) promotes mitophagy and mitochondrial function, enhancing cellular energy by removing damaged mitochondria and maintaining healthy ones. This supports high-energy tissues, improving overall cellular health and longevity. It also reduces inflammation and oxidative stress by activating key pathways, helping improve muscle strength, cognitive and cardiovascular health, and protecting against age-related diseases.

Vine tea extract (ResoVine™) is rich in dihydromyricetin, a flavonoid with antioxidant, anti-inflammatory, and liver protective properties. It may help reduce alcohol-related liver damage and regulate blood sugar levels.

Vitamin B1 (Thiamine) is essential for carbohydrate metabolism and nerve function. It prevents neurological disorders such as beriberi and Wernicke's encephalopathy, especially in alcohol-dependent individuals.

Vitamin B2 (Riboflavin) plays a role in energy production and acts as an antioxidant. It is also essential for skin health, vision, and helping activate other B vitamins.

Vitamin B3 (Niacin) aids in DNA repair, metabolism, and cholesterol regulation. At therapeutic doses, it can lower LDL cholesterol and triglycerides while raising HDL levels.

Vitamin B5 (Calcium-d-pantothenate) is a water-soluble Vitamin B, essential for the synthesis of coenzyme A, which plays a vital role in fatty acid metabolism and energy production. It supports adrenal function and helps maintain healthy skin, hair, and eyes. It is commonly used to combat fatigue and support overall vitality.

Vitamin B6 (Pyridoxine) is crucial for amino acid metabolism, neurotransmitter synthesis, and immune function. It aids in the production of serotonin and dopamine, supporting mood regulation. It is also used to reduce symptoms of premenstrual syndrome and improve cognitive function.

Vitamin B7 (Biotin) is involved in the metabolism of carbohydrates, fats, and proteins. It plays a vital role in supporting healthy hair, skin, and nails. It also contributes to energy production and is essential for maintaining the function of the nervous system. It is commonly used for promoting beauty and metabolic health.

Vitamin B9 (Folic acid) is essential for DNA synthesis and cell division. Especially, during periods of rapid growth, such as pregnancy, where it supports fetal development and helps prevent neural tube defects. Folic acid also contributes to red blood cell formation and cardiovascular health by reducing homocysteine level.

Vitamin B12 (Methylcobalamin) is essential for brain and nervous system function, red blood cell formation, and DNA synthesis. It acts as a cofactor for enzymes like methionine synthase and L-methylmalonyl-CoA mutase, supporting metabolism and haemoglobin production.

Vitamin C (Ascorbic acid) functions as a potent antioxidant and essential cofactor for enzymes involved in collagen synthesis, neurotransmitter production, and carnitine biosynthesis. It supports immune function, enhances non-heme iron absorption, and protects cells from oxidative damage.

Vitamin D3 (Cholecalciferol) (D3V) – 100,000 IU/g functions primarily to promote calcium and phosphorus absorption in the gut, ensuring proper bone mineralization and preventing disorders like rickets, osteomalacia, and osteoporosis. It supports bone growth and remodeling, muscle strength, immune regulation, and reduces inflammation.

Vitamin K2 helps direct calcium to bones, improving strength and reducing fracture risk, while preventing calcium buildup in arteries to protect cardiovascular health. It reduces arterial calcification and stiffness, lowering the risk of cardiovascular diseases like atherosclerosis, heart attacks, and strokes.

White tomato extract (TOMESORAL™) boosts glutathione production, protecting skin from UV damage and oxidative stress. It promotes skin lightening, reduces inflammation, improves elasticity, and supports anti-aging. It is commonly used in supplements for skin health and immune support.

Yeast selenium (SelenoExcell®) contains selenomethionine, an organic, bioavailable form of selenium. It is metabolized into selenocysteine, incorporated into selenoproteins like glutathione peroxidase, which protect cells from oxidative damage and regulate redox balance. This supports antioxidant defense, immune function, and thyroid hormone metabolism through enzymatic activity and protein synthesis.

Zinc picolinate supports immune function by regulating immune cells and reducing inflammation, promotes skin, hair, and nail health through collagen synthesis and wound healing. It also provides antioxidant protection by aiding enzymes that combat oxidative stress.

β-hydroxy β-methylbutyrate (myHMB®) supports muscle health by stimulating protein synthesis and reducing muscle protein breakdown. It helps increase muscle mass and strength, while also reducing muscle damage and inflammation caused by intense physical activity, promoting faster recovery.