

## VITAMIN AND MINERAL INGREDIENTS IN THE “LIFE-MATE” FORMULA...

...with a few of the functions they perform for health maintenance:

*(For the other special dietary cofactors in this formula, see below)*

**VITAMIN A** – growth and repair of body tissues, immune function support, vision support

**VITAMIN C** – antioxidant protection, healthy bone formation, infection resistance, collagen support

**VITAMIN D** – formation of strong bones and teeth, immune system support

**VITAMIN E** – antioxidant protection, maintenance of heart, circulation, skin and nervous system

**B1** (Thiamin) – carbohydrate metabolism, appetite regulation, nerve function support

**B2** (Riboflavin) – metabolism of fats, carbohydrates and protein, red blood cell formation, cell respiration

**B3** (Niacin) – carbohydrate, fat and protein metabolism, circulation support, nerve maintenance

**B6** (Pyridoxine) – carbohydrate and protein metabolism, antibody and red blood cell formation

**B12** (Cobalamin) – fat, carbohydrate and protein metabolism, blood cell formation, nerve support

**FOLATE** – red blood cell formation, protein metabolism, cell division and growth, good heart health

**PANTOTHENIC ACID** – energy production, vitamin utilization, nerve support

**CALCIUM** – strong bone and teeth formation, support of muscle and nerve function, blood clotting

**CHROMIUM** – glucose metabolism to support regulation of blood sugar and effectiveness of insulin

**COPPER** – formation of red blood cells, bone growth, nervous system and immune system support

**IODINE** – thyroid gland support, metabolism support, energy production, cell respiration support

**IRON** – formation of hemoglobin in red blood cells, enhanced blood quality, stress and disease resistance

**MAGNESIUM** – acid/alkaline balance, energy production, use of calcium, enzyme activation

**MANGANESE** – bone growth support, sex hormone production, carbohydrate/cholesterol metabolism

**MOLYBDENUM** – kidney and liver function support, protein metabolism, iron storage

**POTASSIUM** – fluid balance, heart muscle control, nervous system function, blood pressure regulation

**SELENIUM** - antioxidant protection against oxidation damage to cells, thyroid metabolism support

**ZINC** – support for digestion and metabolism, support for healing

## **SPECIAL DIETARY COFACTORS IN THE “LIFE-MATE” FORMULA...**

**...with a few of the functions they perform for health maintenance:**

**RICE BRAN, SOYBEAN AND WHEAT GERM CONCENTRATES** – promote the function of the Endocrine glands in producing hormones essential for good health

**PROTEIN** – supplements the protein present in the diet

**BIOFLAVONOIDS** – provide antioxidant protection, promote circulation function, strengthen capillary walls, support the immune system, enhance the benefits of vitamin C

**INOSITOL** – promotes the digestion of fats, supports the cardiovascular and nervous systems, promotes healthy cell growth, supports healthy mental well-being

**BROMELAIN** – digestive enzyme to promote the metabolism of protein

**PAPAIN** – digestive enzyme to promote the metabolism of protein

**LIPASE** – digestive enzyme to promote the metabolism of lipids (e.g. triglycerides, fats, oils)

**DIASTASE** – digestive enzyme to promote the metabolism of carbohydrates

**LECITHIN** – fat emulsifier, prevents cholesterol and other fats from sticking to cell and nerve linings, promotes heart health

**CHOLINE** – promotes liver function, enhances transport of nutrients throughout the body, supports brain and memory development

**PABA** – enhances use of protein in the body, supports red blood cell formation

**BEE POLLEN** – rich source of nutrients

**L-METHIONINE** – essential amino acid (can't be produced in the body), essential building block for protein, helps process and eliminate fat, supports cardiovascular and muscular function

**L-CYSTEINE** – amino acid, promotes detoxification, promotes production of antioxidants, protects against harmful toxins

**BETAIN HCL** – provides extra hydrochloric acid in the stomach to promote digestive processes

**PRUNE CONCENTRATE** – supports the elimination process

**NOTE: This lengthy ingredient list represents a proprietary blend of scientifically balanced nutrients designed to work synergistically to provide the body with nutritional elements to enable it to function as nature intended. However, specific results cannot be guaranteed. Many factors determine the level of health, and they vary with every individual. Results may vary and will be influenced by such things as lifestyle, stress level, use of harmful substances, diet and inherent physical constitution.**