

Acetyl L-Carnitine[†]

Acetyl L-carnitine (ALC) is an amino acid that is associated with increased energy production. It has been shown to increase the flow of free fatty acids, the fuel source for mitochondria, resulting in a significant boost in energy production. As we age, free radical production increases oxidative damage to the mitochondria, which can potentially decrease energy production. ALC has been shown to increase cellular energy (ATP) production and has been found, in combination with lipoic acid, to lower oxidative stress.^[2,3] Studies have also shown that ALC supports the immune response by protecting CD4 and CD8 immune cells and by supporting the reproduction of lymphocytes for the identification and elimination of invading antigens.^[4,5]

N-Acetyl Cysteine[†]

N-acetyl cysteine (NAC) is an antioxidant that scavenges free radicals and promotes liver detoxification.^[6] NAC has been shown to increase production of glutathione, an important antioxidant found in the body.^[6] In addition to its antioxidant activity, glutathione boosts the immune system by activating T-cells, helping to maintain immune balance.^[7]

Alpha Lipoic Acid[†]

Alpha lipoic acid (ALA) is a potent antioxidant and also plays a synergistic role in recharging other antioxidants such as vitamin C, vitamin E, CoQ₁₀ and glutathione. Lipoic acid also plays a key role in detoxification.^[8] Studies have shown that a combination of ALA and ALC helps minimize oxidative damage.^[9,10] Oxidative stress causes damage to DNA, RNA, proteins, mitochondrial membranes and lipids, and contributes to the functional decline of mitochondria, cells, tissues and eventually organs such as the brain.^[9,10]

Resveratrol[†]

Resveratrol is a polyphenol molecule found in many plant species, including grapes and cranberries, and is found in high concentrations in wine. Polyphenols act as antioxidants that protect plants from damage that can be caused by bacteria, fungi and radiation.^[11] Resveratrol is believed to be the dietary factor behind the "French Paradox," which is the high rate of cardiovascular wellness in the French population, despite their high fat intake. In addition to its antioxidant properties and support for cardiovascular function, resveratrol has been shown to support optimal immune function.^[11]

Broccoli Seed Extract[†]

Broccoli seed extract contains a high amount of glucoraphanin, a compound that is a precursor to sulphoraphane. Sulphoraphane is a potent antioxidant in the body and also supports detoxification and immune response. Sulphoraphane

has been shown to induce Phase II detoxification enzymes and raise intracellular glutathione levels.^[12]

Green Tea (EGCG)[†]

Green tea polyphenols have demonstrated significant antioxidant- probiotic- and immune- supporting properties.^[13] The hydroxyl group of green tea polyphenols supports antioxidant activity by forming complexes with free radicals and neutralizing them, minimizing oxidative damage throughout the body. Green tea polyphenols also stimulate the activity of liver detoxification enzymes, promoting the detoxification of harmful chemicals out of the body.^[13]

The Micronutrient "Backbone" [†]

To increase cellular energy production efficiently, optimal levels of critical nutrients and enzyme cofactors must be achieved. VITALmins is an energy-providing multivitamin with an optimized backbone of vitamins and minerals necessary for increasing energy output and meeting daily nutritional needs.

Directions

2-4 capsules per day or as recommended by your health care professional.

Does Not Contain

Does not contain wheat, gluten, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts			v2				
Serving Size 4 Capsules Servings Per Container 15							
4 capsules contain		Amount Per Serving	% Daily Value	4 capsules contain		Amount Per Serving	% Daily Value
Vitamin A (as Natural Beta Carotene)		5,000 IU	100%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)		1 mg	50%
Vitamin C (as Ascorbic Acid USP)		250 mg	417%	Chromium (as O-polynicotinate) [†]		50 mcg	42%
Vitamin D3 (as Cholecalciferol)		1,000 IU	250%	Potassium (as Potassium Citrate USP)		30 mg	<1%
Thiamine (Vitamin B1) (from Thiamine Hydrochloride USP)		15 mg	1,000%				
Riboflavin (Vitamin B2 USP)		15 mg	882%	N-Acetyl-L-Cysteine USP		600 mg	*
Niacin (as Niacinamide USP)		15 mg	75%	Acetyl L-Carnitine Hydrochloride		500 mg	*
Vitamin B6 (as Pyridoxine Hydrochloride USP)		15 mg	750%	Malic Acid (as DiMagnesium Malate)		215 mg	*
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)		800 mcg	200%	Alpha Lipoic Acid		200 mg	*
Vitamin B12 (as Methylcobalamin)		250 mcg	4,167%	Mixed Tocopherols		50 mg	*
Biotin		50 mcg	17%	Green Tea Leaf Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))		45 mg	*
Pantothenic Acid (as d-Calcium Pantothenate USP)		15 mg	150%	Broccoli Seed Extract (truebroc™) (Standardized to contain 13% Sulforaphane Glucosinolate)		40 mg	*
Calcium (as Calcium Citrate USP)		75 mg	8%	Choline (as Choline Bitartrate)		15 mg	*
Iodine (from Potassium Iodide)		37 mcg	25%	Inositol NF		15 mg	*
Magnesium (as DiMagnesium Malate)		75 mg	19%	trans-Resveratrol (from Polygonum cuspidatum)		10 mg	*
Zinc (as TRAACS® Zinc Bisglycinate Chelate)		5 mg	33%				
Selenium (as Selenium Glycinate Complex)		75 mcg	107%				

* Daily Value not established

[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

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