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Substance	Role In The Body			
<b>Vitamin A</b>	Promotes Good Vision	Bone Growth	Regulates Immune System	Cell Division
<b>Vitamin B6</b>	Protein Metabolism	Red Blood Cell Metabolism	Hemoglobin Production	Prevents Anemia
<b>Vitamin B12</b>	Nerve Cell Health	Red Blood Cell Health	Helps Make DNA	
<b>Vitamin C</b>	Required for Growth and Repair of Tissues	Essential For Healing Wounds	Defends Against Free Radicals	May Help Prevent Cancer
<b>Vitamin D</b>	Prevents Osteoporosis	Regulates Calcium Absorption	Reduction of Inflammation	Promotes Bone Growth
<b>Vitamin E</b>	Protection Against Free Radicals	DNA Repair	May Help Prevent Cancer	May Help Prevent Cardiovascular Disease
<b>Folic Acid</b>	Prevents Anemia	May Help Prevent Cancer	May Help Prevent Alzheimer's Disease	May Prevent Hearing Loss Due to Age
<b>Thiamine</b>	Converts Carbohydrates into Energy	Essential to Heart Functions	Essential to Muscle Function	Essential to Nervous System
<b>Niacin</b>	Aids Digestive System	Promotes Healthy Skin	Promotes Healthy Nerves	Helps Metabolism
<b>Calcium</b>	Promotes Bone Growth	Prevents Osteoporosis	Essential for Muscle Contraction	Essential for Blood Vessel Contraction / Expansion
<b>Biotin</b>	Helps Metabolism	Essential to Growth	Breaks Down Carbohydrates	Breaks Down Proteins
<b>Riboflavin</b>	Promotes Body Growth	Helps Red Blood Cell Production	Helps Release Energy from Carbohydrates	
<b>Magnesium</b>	Helps Maintain Muscle Function	Helps Maintain Nerve Function	Supports Immune System	Keeps Heart Rhythm Steady
<b>Manganese</b>	Helps with Metabolism	Helps Bone Growth		

<b>Chromium</b>	Enhances Action of Insulin	Helps Carbohydrate Metabolism	Helps Fat Metabolism	Helps Protein Metabolism
<b>Copper</b>	Helps Red Blood Cell Production	Keeps Blood Vessels Healthy	Promotes Healthy Immune System	Promotes Healthy Nerves
<b>Molybdenum</b>	May Help Prevent Cancer	May Help Slow Cancer Growth	May Prevent Diseases	May Help Kidney Waste Processing
<b>Selenium</b>	Defends Against Free Radicals	May Help Immune System	May Help Prevent Cancer	May Help Prevent Cardiovascular Disease
<b>Iodine</b>	Necessary for Metabolism	Necessary for Thyroid Function	Helps Thyroid Hormone Production	Prevents a Form of Brain Damage
<b>Boron</b>	May Help Treat/Prevent Arthritis	Helps Calcium Absorption	May Help Antioxidant Effectiveness	Helps Magnesium Absorption
<b>Curcumin</b>	Defends Against Free Radicals	May Help Prevent Cancer	May Help Prevent Cardiovascular Disease	Reduces Inflammation
<b>Green Tea Extract</b>	May Help Weight-Loss	Defends Against Free Radicals	May Help Prevent Cancer	May Help Prevent Cardiovascular Disease
<b>L-Carnitine</b>	Helps in Energy Production	Defends Against Free Radicals	May Help Prevent Cancer	May Help Prevent Cardiovascular Disease
<b>Ginseng Extraxt</b>	May Help Prevent Alzheimer's Disease	May Help Prevent Cancer	May Help Immune System Function	Defends Against Free Radicals

Presented by NeoVitin.com



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