

# BODIVITAMINOSINE™ CAPSULES:

Thiamine: Thiamin (vitamin B1) helps the body's cells convert carbohydrates into energy. It is also essential for the functioning of the heart, muscles, and nervous system.

Riboflavin: Riboflavin is used for preventing low levels of riboflavin (riboflavin deficiency), cervical cancer, and migraine headaches. It is also used for treating riboflavin deficiency, acne, muscle cramps, burning feet syndrome, carpal tunnel syndrome, and blood disorders such as congenital methemoglobinemia and red blood cell aplasia. Some people use riboflavin for eye conditions including eye fatigue, cataracts, and glaucoma.

Niacinamide: Niacin is used for high cholesterol. It is also used along with other treatments for circulation problems, migraine headache, dizziness, and to reduce the diarrhea associated with cholera. Niacin is also used for preventing positive urine drug screens in people who take illegal drugs. Niacinamide is used for treating diabetes and two skin conditions called bullous pemphigoid and granuloma annulare.

D-Pantothenol: Panthenol Vitamin B5, the stable form of pantothenic acid (Panthenol) contained in skin and hair products. Transforms to Vitamin B5 inside the cell. B5 plays an important role in the cell regeneration processes of the skin.

Pyridoxine: Pyridoxine, vitamin B<sub>6</sub>, is required by your body for utilization of energy in the foods you eat, production of red blood cells, and proper functioning of nerves. It is used to treat and prevent vitamin B<sub>6</sub> deficiency resulting from poor diet, certain medications, and some medical conditions.

Methylcobalamin: Vitamin B12 plays an important role in red blood cells, prevention and treatment of anemia, methylation reactions, and immune system regulation.

Levocarnitine: Carnitine boosts energy by stimulating the body's burning of tryglycerides as fuel, and sparing the supply of glycogen stored in the liver for heavier exertion. During exercise, the body will burn fat at a rate of 75-80% of maximum exertion, thus less glycogen from carbohydrates is burned. L-Carnitine allows the body to burn more fat, save more glycogen, and ultimately boost stamina and endurance. By providing more fat to the muscles, Carnitine makes accessible an otherwise unavailable energy source. Research also suggests that an adequate supply of L-Carnitine could be instrumental in the treatment of diabetes, chronic fatigue syndrome, kidney and liver disease.

Chromium: Chromium is used for improving blood sugar control in people with prediabetes, type 1 and type 2 diabetes, and high blood sugar due to taking steroids. It is also used for depression, polycystic ovary syndrome (PCOS), lowering "bad" cholesterol, and raising "good" cholesterol in people taking heart medications called beta blockers.

Glutamine: The body can make enough glutamine for its regular needs, but extreme stress, your body may need more glutamine than it can make. Most glutamine is stored in muscles followed by the lungs, where much of the glutamine is made. Glutamine is important for removing excess ammonia. It also helps your immune system function and appears to be needed for normal brain function and digestion.

L-Arginine: L-arginine is involved in a number of different functions in the body, wound healing, helping the Kidneys remove waste from the body, and maintaining immune and hormone function. L-Arginine may improve symptoms of clogged arteries, chest pain or angina, and coronary artery disease.

L-Lysine: is a necessary building block for all protein in the body. L-Lysine plays a major role in calcium absorption; building muscle protein; recovering from surgery or sports injuries; and the body's production of hormones, enzymes, and antibodies.

Leucine: is the only dietary amino acid that has the capacity to stimulate muscle protein synthesis. As a dietary supplement, Leucine has been found to slow the degradation of muscle tissue by increasing the synthesis of muscle proteins. Leucine has since earned more attention on its own as a catalyst for muscle growth and muscular insurance.

Inositol: Inositol plays an important part in the health of cell membranes especially the specialized cells in the brain, bone marrow, eyes and intestines. The function of the cell membranes is to regulate the contents of the cells, which makes effective functioning possible.

Inositol is said to promote healthy hair, hair growth, and helps in controlling estrogen levels and may assist in preventing breast lumps. It may also be of benefit in reducing blood cholesterol levels.

Choline Chloride: Choline is an essential nutrient required by the body to make several important compounds necessary for healthy cell membranes. This nutrient helps form phosphatidylcholine, the primary phospholipid of cell membranes. It helps transport of lipids from the liver. Choline is also the precursor to acetylcholine, one of the crucial brain chemicals involved in memory.