

Methionine: It assists in the breakdown of fats and thereby prevents the build-up of fat in the arteries, as well as assisting with the digestive system and removing heavy metals from the body since it can be converted to cysteine, which is a precursor to glutathione, which is of prime importance in detoxifying the liver.

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.

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 B6, 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 B6 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.

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.

L-Citrulline: A naturally occurring amino acid found in food, such as watermelons, and also made in the body. It is used for Alzheimer’s disease, dementia, fatigue, muscle weakness, sickle cell disease, erectile dysfunction, high blood pressure, and diabetes. It is also used for heart disease, body building, increasing energy, and for improving athletic performance.