
thirty-4

vit. e

vitamin

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- Helps maintain energy levels
 - Prevents memory loss
 - Lowers risk of neurodegenerative diseases
 - Boosts mood
 - Maintains heart health
 - Keeps skin & hair healthy
 - Helps with digestive enzyme production
 - Helps produce RBCs & prevents anemia
 - Helps create nucleic acid
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zinc

essential trace element

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- Increases immunity and fights colds
 - Acts as a powerful antioxidant
 - Balances hormones
 - Fights diabetes
 - Maintains heart health
 - Prevents diarrhea
 - Increases fertility
 - Aids in nutrient absorption and digestion
 - Supports liver health
 - Helps with muscle growth and repair
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vit. d

vitamin

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- Aids in calcium absorption
 - Regulates cell growth
 - Reduces depression
 - Increases immunity
 - Supports muscle function & repair
 - Prevents breast cancer
 - Increases fertility
 - Directly helps with PCOS
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vit. b12

vitamin

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- Helps maintain energy levels
 - Prevents memory loss
 - Lowers risk of neurodegenerative diseases
 - Boosts mood
 - Maintains heart health
 - Keeps skin & hair healthy
 - Helps with digestive enzyme production
 - Helps produce RBCs & prevents anemia
 - Helps create nucleic acid
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calcium

mineral

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- Aids bone growth & health
 - Prevents PMS symptoms
 - Regulates blood pressure
 - Keeps teeth strong
 - Balances pH in the body
 - Stabilizes hormones
 - Transports nutrients between cells
 - Reduces risk of chronic diseases
 - Promotes healthy skin
 - Helps fetal development
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