

NUTRITIONAL SOLUTION FORMULATED BY BIOCHEMIST

Reactive Go

TURBOCHARGE BODY'S NATURAL HEALING POWER

48

3 Essential Fatty Acids

5 Essential Natural Extracts

7 Essential Amino Acids

15 Essential Vitamins

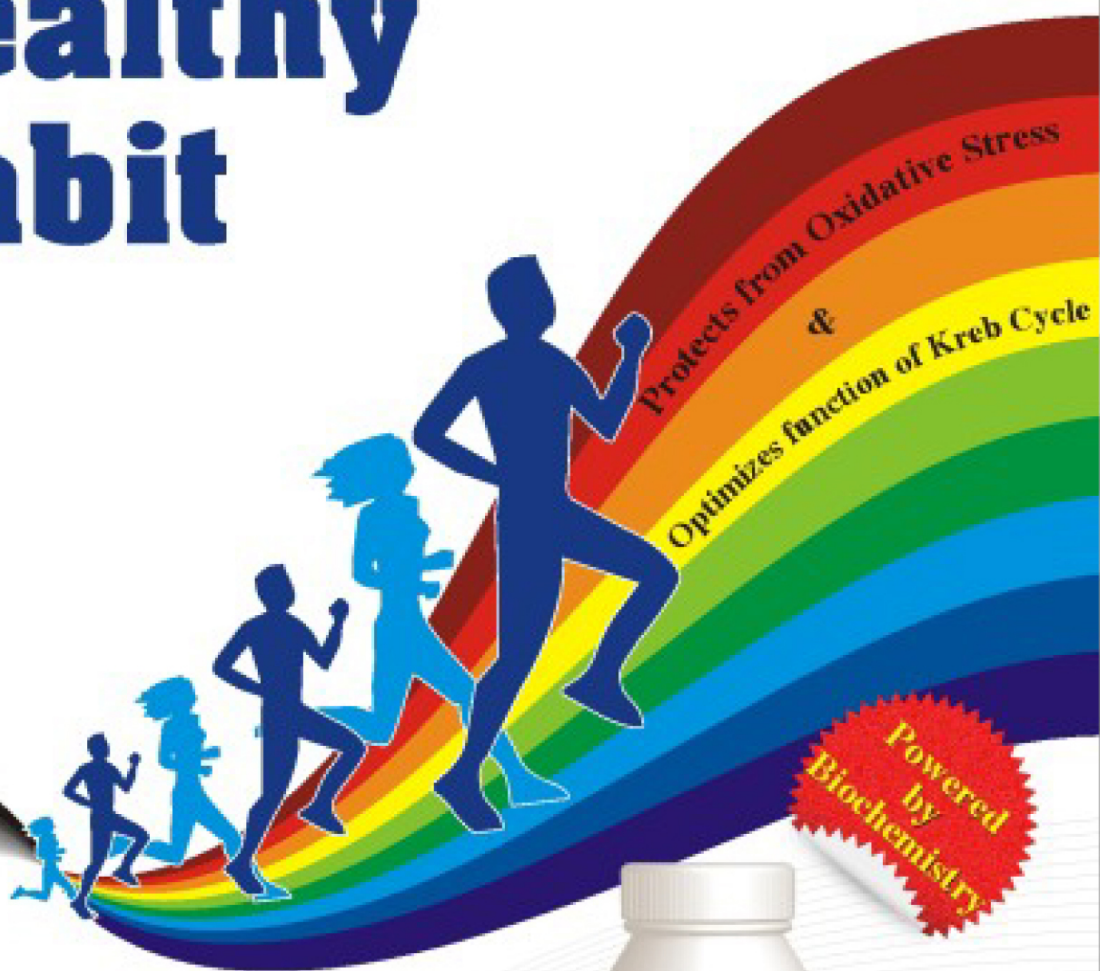
18 Essential Minerals

Essential Vital Nutrients

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1 Softgel
Daily

A Healthy Habit



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Reactive *Life* Go *Healthy*



“ If we could give every individual the right amount of nourishment and exercise,
not too little and not too much,
we would have found the safest way to health ”

- Hippocrates (460 BC -377 BC)

Deccan Healthcare, has been developing, manufacturing and marketing high quality wellness products

The Company utilizes its industry leading R&D and technical capabilities to produce superior formulations that optimize the nutritional value and performance for its customers. The Company also leverages its knowledge and expertise to complement its products with value-added technical services and continuous customer support.

The Company's unique product and service offerings combined with its manufacturing superiority enables it to create customized nutritional solutions that address specific customer needs. The Company's product customization capabilities and value-added services distinguish the Company in the marketplace.

The Company's extensive knowledge across a wide variety of competencies allows the Company to provide condition specific wellness products to meet customer's needs.

The senior management team of Deccan is continuously expanding as experts from industry join to meet the challenges of expansion and growth. The team constitutes of experts from the industry and those who have grown with the company over the years. However with specialized backgrounds the team members are multitasking and bound with the growth objectives of the company.

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3 Essential Fatty Acid

Alpha linolenic acid (omega3)	110 mg
Linoleic acid (omega-6)	30 mg
Oleic acid (omega-9)	40 mg

5 Natural Extracts

Citrus Bio Flavonoids	12.5 mg
Green Tea Extract	10 mg
Garlic Powder	2 mg
Ginseng Extract Powder	21.25 mg
Lycopene (10% Dispersion)	2 mg

7 Amino acids

Methionine	22 mg
Glutamic Acid	20 mg
Cysteine	5 mg
L-Lysine	19.6 mg
L-Carnitine L-Tartrate	5 mg
Arginine	10 mg
Leucine	30 mg

15 Essential Vitamins

Vitamin A	1600 IU
Vitamin B 1	1 mg
Vitamin B 2	1 mg
Vitamin B 3	15 mg
Vitamin B 5	4.5 mg
Vitamin B 6	0.5 mg
Vitamin B 12	0.5 mcg
Vitamin C	25 mg
Vitamin E Acetate	10 IU
Vitamin D 3	200 IU
Folic Acid	50 mcg
Betacarotene (as 30% Dispersion)	5 mg
Vitamin K	65 mcg
D-Biotin	30 mcg
Choline Bitartrate	25 mg

18 Essential Minerals

Calcium (as Dibasic calcium phosphate)	11.7 mg
Iron (as Ferrous Fumarate)	9.86 mg
Zinc (as Zinc Sulphate Monoh.)	11 mg
Magnesium (as Magnesium Sulphate Hexahydrate)	3 mg
Potassium (as Potassium Sulphate)	10 mg
Manganese (as Manganese sulphate Monohydrate)	5 mg
Copper (as Copper Sulphate Pentahydrate)	2 mg
Iodine (as Potassium Iodate)	150 mcg
Selenium (as Selenium Dioxide)	55 mcg
Boron (as Sodium Tetraborate Decahydrate)	1 mg
Silicon (as Silicon Dioxide)	1 mg
Chromium (as Chromium Picolinate)	200 mcg
Tin (as Stannous Chloride)	2 mcg
Vanadium (as Sod.Meta Vanadate)	10 mcg
Nickel (as Nickel Sulphate)	130 mcg
Chloride (as Potassium Chloride)	10 mg
Phosphorus (as Dibasic Calcium Phosphate)	9 mg
Molybdenum (as Sodium Molybdate)	0.04 mg

What is Reactive GO?

Reactive Go is a comprehensive daily food supplement that has a balanced combination of 3-essential fatty acids, 7-amino acids, 15-essential vitamins, 18 essential minerals and 5-natural extracts(Ginseng,Citrus Bio flavonoids, Green Tea, Garlic powder, Lycopene). The 48 active ingredients converted into one soft gelatin capsule by using innovative process and scientific methodology. Ginseng is a extract, commonly used to added energy and well being. Reactive Go balanced combination rejuvenates and strengthens body organs and help maintain good health. The dosage of essential nutrients including vitamins A, B-complex, C, D,K, and E, minerals and other trace elements cover the daily requirements of an individual.

How can Reactive Go Help You?

With the help of ginseng, Citrus Bio flavonoids, Green Tea, Garlic powder, Lycopene, vitamins and minerals, Reactive Go increases the utilization of oxygen in your body to the normal levels. As a result, you won't experience the condition that is typical to tiredness, weakness and fatigue. You will, in fact, feel sharp and active all day long. Ginseng, Citrus Bio flavonoids, Green Tea, Garlic powder and Lycopene has been actively researched in various parts of the world where it is taken as food supplement for improving the vitality of systems in the body.

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Goodness of Reactive Go capsules:

- ▣ The Goodness of Reactive go capsules is due to the flax seed oil, natural extracts, amino acids, vitamins and Minerals. The flaxseed oil is a source of the essential fatty acids, such as linoleic acid (LA, C18:2 n-6) and linolenic acid (LNA, C18:3 n-3), required in the diet for normal health.
- ▣ Reactive go capsule boost the immunity, reduce the oxidative stress.
- ▣ Facilitate Production of protein.
- ▣ Strengthening the bone and muscles.
- ▣ Acts as an antioxidant that controls the play of free radicals,
- ▣ Cardiovascular health and keeping the brain in good shape, reduce risk of stroke, keeping arteries healthy, reduce the cholesterol level and even reducing blood pressure etc.
- ▣ It increases physical work capacity by countering fatigue and helping oxygen transport to tissue (for producing energy) during physical exertion.
- ▣ It improves endurance, tolerance and compatibility during stressful states.
- ▣ It improves performance in activities which require skill, coordination, concentration, learning and memory.
- ▣ It replenishes vitamins and minerals (essential constituents of a balanced diet) and helps maintain good health.



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Role of Flax Seed Oil:

Flaxseed is often cold pressed into gorgeous golden yellow oil and consumed in either liquid or capsule form.

Flaxseed oil is a rich source of essential fatty acids (EFAs), particularly the omega-3 fatty acid alpha linolenic acid (ALNA). ALNA and linoleic acid (LA, an omega-6) are considered to be the two primary EFAs.

Flax Seed Oil - A unique mix of fatty acids:

Flax oil has a very healthy fatty-acid profile, with low levels (approximately 9%) of saturated fat, moderate levels (18%) of monounsaturated fat and high concentrations (73%) of polyunsaturated fatty acids (PUFAs). The PUFA content comprises about 16% omega-6 fatty acids, primarily as linoleic acid (LA), and 57% alpha-linolenic acid (ALA), an omega-3 fatty acid.

Flax Seed Oil contains omega-6 and omega-9 essential fatty acids, B vitamins, potassium, lecithin, magnesium, fiber, protein, and zinc and also provides approximately 50% more omega-3 oils.



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A) Helps to Promote Healthy Heart:

- ▢ Offers 2-Fold Cardioprotective Action: First, ALA in flaxseed oil may have protective effects on cardiac arrhythmia, inflammation, and thrombosis. Secondly, ALA supplementation enriches EPA and DPA composition in erythrocyte membranes. Although EPA concentration is only mildly increased, the increase in DPA in erythrocyte membranes may act to sustain a constant supply of EPA and its beneficial effects.
- ▢ Lowering of total cholesterol and LDL cholesterol.
- ▢ Significantly increases arterial compliance compared with saturated fat, improves insulin sensitivity, increases HDL cholesterol, and decrease LDL oxidation.
- ▢ Helps lower blood triglycerides.
- ▢ After adjustment for age, standard coronary heart disease risk factors, and dietary intake, results demonstrated that a higher intake of ALA was associated with a lower relative risk of fatal and non-fatal myocardial infarction.
- ▢ Helps lower blood pressure.
- ▢ ALA-rich diet containing flax oil has a beneficial effect on the endothelium.
- ▢ Keeps platelets from becoming sticky therefore reducing the chance of a heart attack.
- ▢ After controlling for risk factors of stroke like smoking and blood pressure, ALA emerged as an independent predictor of stroke risk – that is, men with higher levels of ALA in their Serum phospholipids had a lower stroke risk.

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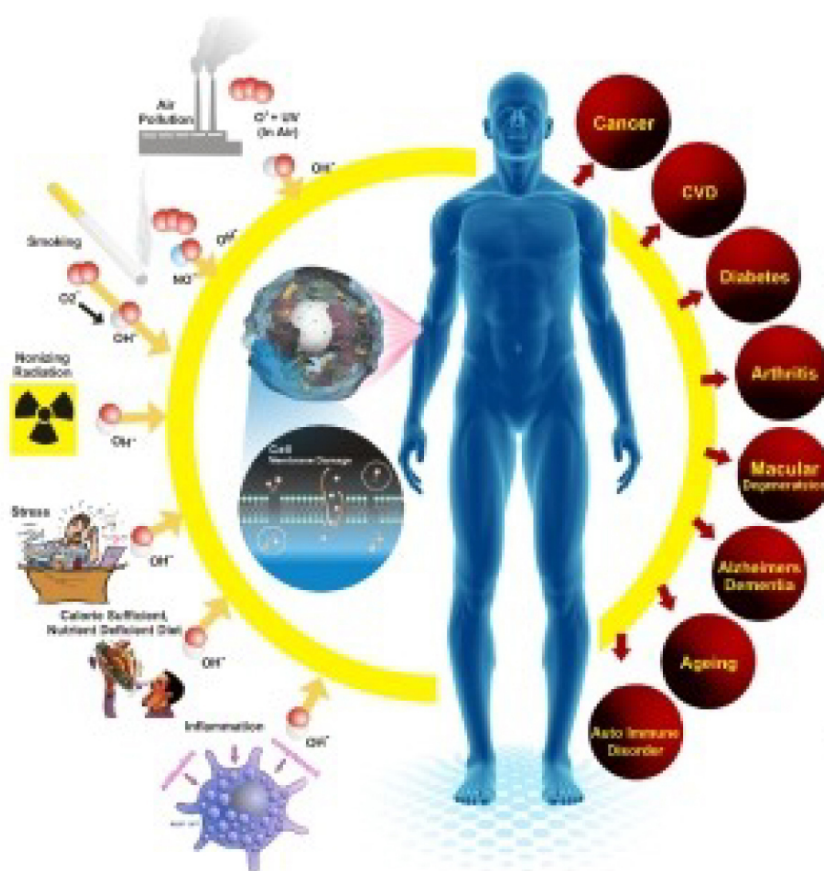
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B) Reduces Oxidative Stress Associated with Various Medical Conditions:

- Omega-3 fatty acids, found in fish oils (mainly EPA and DHA) and flaxseed oil, have been shown to reduce oxidant stress (oxidative stress or free radical damage is a factor of importance in the development of inflammatory events) and suppress the production of pro-inflammatory compounds in the body and therefore influence inflammatory conditions such as arthritis, diabetes, inflammatory bowel disease, cancer, autoimmune disorders, and aging.
- They have also been shown to have tissue protective effects, including improving serum lipids and cardiovascular protection, protection against stress, cognitive aging and depression.
- Consuming flax oil reduced CRP and SAA levels (the common inflammatory markers) in a study of 50 Greek men with high blood cholesterol levels who consumed 1 tbsp of flax oil daily for 12 weeks. Serum CRP decreased 48% and serum SAA decreased 32% after 12 weeks.
- In a U.S. study of 23 adults with high blood cholesterol levels, consuming a high-ALA diet based on walnuts, walnut oil and flax oil resulted in a ~75% decrease in CRP levels after 6 weeks.
- Decreases the production of the cytokines TNF α and IL-1. In a study of 28 healthy men consuming flax oil (about 1 2/3 tbsp daily providing 13.7 g ALA/day) for 4 weeks resulted in a decrease in TNF α and IL-1 α production of nearly 30% in mononuclear cells (a type of immune cell).



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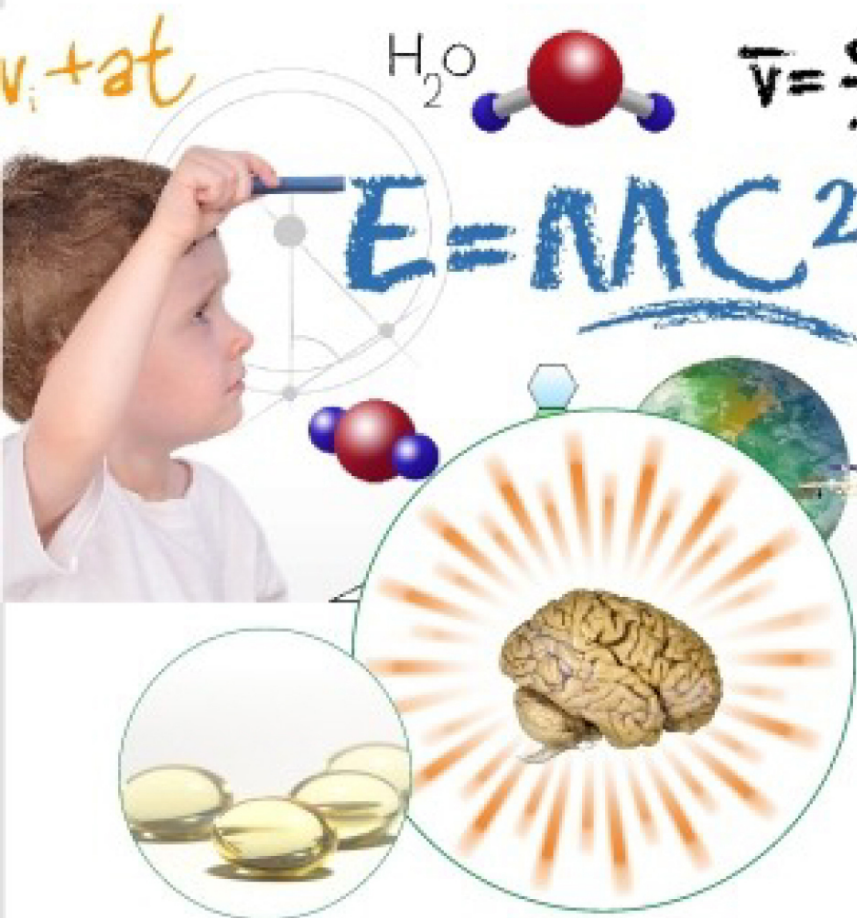
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C) Helps to Promote Brain health:

- There is a critical role of EPAs and their metabolic products for maintenance of structural and functional integrity of central nervous system and retina.
- DHA is the predominant structural fatty acid in the central nervous system and retina and its availability is crucial for brain development. It is recommended that the pregnant and nursing woman should take at least consume 2.6g of omega-3 fatty acids and 100-300 mg of DHA daily to look after the needs of her fetus and suckling infant. The follow-up studies have shown that infants of mothers supplemented with EPAs and DHA had higher mental processing scores, psychomotor development, eye-hand coordination and stereo acuity at 4 years of age. Intake of EPAs and DHA during preschool years may also have a beneficial role in the prevention of attention deficit hyperactivity disorder (ADHD) and enhancing learning capability and academic performance
- Epidemiological and treatment studies suggest that deficits in dietary-based omega-3 polyunsaturated fatty acids may make an etiological contribution to mood disorders and that supplementation with omega-3 fatty acids may provide a therapeutic strategy.



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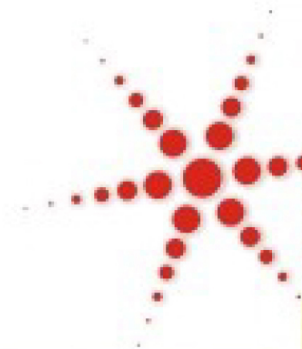


Role of Citrus bioflavonoids:

The large and diverse family of citrus bioflavonoids used to be referred to collectively as vitamin P (the P standing for capillary permeability factor). These aren't strictly vit obtained through the amins, but are a group of special, health giving nutrients which cannot be made by the body and have to be diet.

- Citrus bioflavonoids have many health-giving properties including promotion of healthy circulation and helping to maintain the thin walls and structure of blood capillaries.
- Flavonoids enhance and prolong the action of vitamin C.
- Citrus bioflavonoids help circulation, regulate cholesterol, treat and prevent cataracts, hemorrhoids, leg ulcers, and nosebleeds by strengthening the walls of blood vessels.





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Role of Green Tea Extract:

Green tea is chock-full of polyphenols, phytochemicals with potent antioxidant properties that give green tea its bitter flavor. Green tea contains six primary polyphenols, known as catechins. Epigallocatechin gallate (EGCG) is the most active and studied of green tea's catechins.

- ▢ Several large studies have suggested that drinking green tea reduces the risk of stroke and coronary artery disease.
- ▢ They enhanced blood antioxidant potential leads to reduced oxidative damage to macromolecules such as DNA and lipids.

Role of Garlic Powder:

- ▢ Garlic powder and whole garlic have been shown to strengthen the immune system and help fight cancer.
- ▢ Garlic powder and whole garlic have been reported to create reductions in total blood cholesterol and low-density lipoproteins, or "bad" cholesterol.
- ▢ Garlic powder and raw garlic have a blood-thinning benefit – which can help people who suffer from high blood pressure and heart disease.





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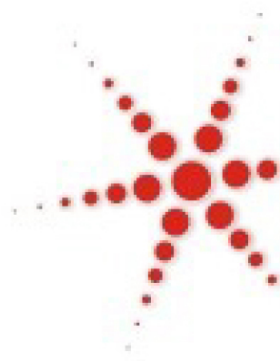
Role of Ginseng Extract:

- the power of ginseng lies in its ability to promote the production of more endorphins in the brain, which is necessary to maintain physical and emotional balance especially when there is much stress hormones being secreted by the adrenal glands.
- Ginseng has been used to promote mental alertness and combat the negative effects of mental stress and anxiety.
- The more popular benefit of ginseng is about energy boosting.
- Ginsenosides is strong and effective enough to prevent certain types of cancer by inhibiting the growth of cancer cells.

Role of Lycopene:

- Lycopene is the most powerful quencher of singlet oxygen free radical. It is 100 times more powerful than vitamin E in experiments.
- Helping to prevent kidney disease and aging problems such as degeneration of the nervous system and cellular damage from the aging process.
- Most recent research has suggested that, like beta-carotene, it may play an important role in keeping vision healthy by preventing cataracts and Age-Related Macular Degeneration (AMD).
- Helping to prevent kidney disease and aging problems such as degeneration of the nervous system and cellular damage from the aging process.





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Role of Methionine:

- ❑ Methionine is one of the 8 essential amino acids, which means it is needed as building blocks for proteins.
- ❑ It increases the production of lecithin by the liver which helps to lower the cholesterol level in the body.
- ❑ Methionine is a powerful antioxidant, and the sulfur it contains helps neutralize free radicals that are formed as a result of various metabolic process in the body.
- ❑ Methionine also plays an important role in the proper functioning of the immune system.
- ❑ Methionine also plays an important role in the break down of fats. This results in prevention of accumulation of fats in the blood vessels. Thus in case of its deficiency in the body, it may dispose the arteries to arteriosclerosis.

Role of Glutamic acid:

- ❑ Support brain function, clarity of thinking, and mental capacity.
- ❑ Help reduce fatigue and speed recovery by detoxifying muscle cells.
- ❑ Glutamic acid is a major neurotransmitter that plays a key role in cognitive function, and memory.
- ❑ Assists in breaking down sugar and fat.





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Role of Cysteine:

- Promoting Antioxidant Activity.
- Cysteine is needed for the skin and it performs detoxification action in the body.
- It also helps in making the protective lining of the stomach and intestine strong which further is beneficial as it then prevents damage by certain drugs like aspirin etc.

Role of L-Lysine:

- L-lysine plays a crucial role in the structural, circulatory and immune systems of the human body.
- L-lysine helps ensure the adequate absorption of calcium and assist in the formulation of collagen for bone, cartilage and connective tissues.
- Lysine is believed to strengthen circulation and help the immune system manufacture antibodies.
- It also helps to control the acid and alkaline balance within the body and plays a role in gallbladder function.



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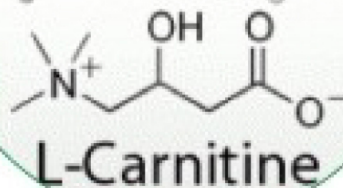
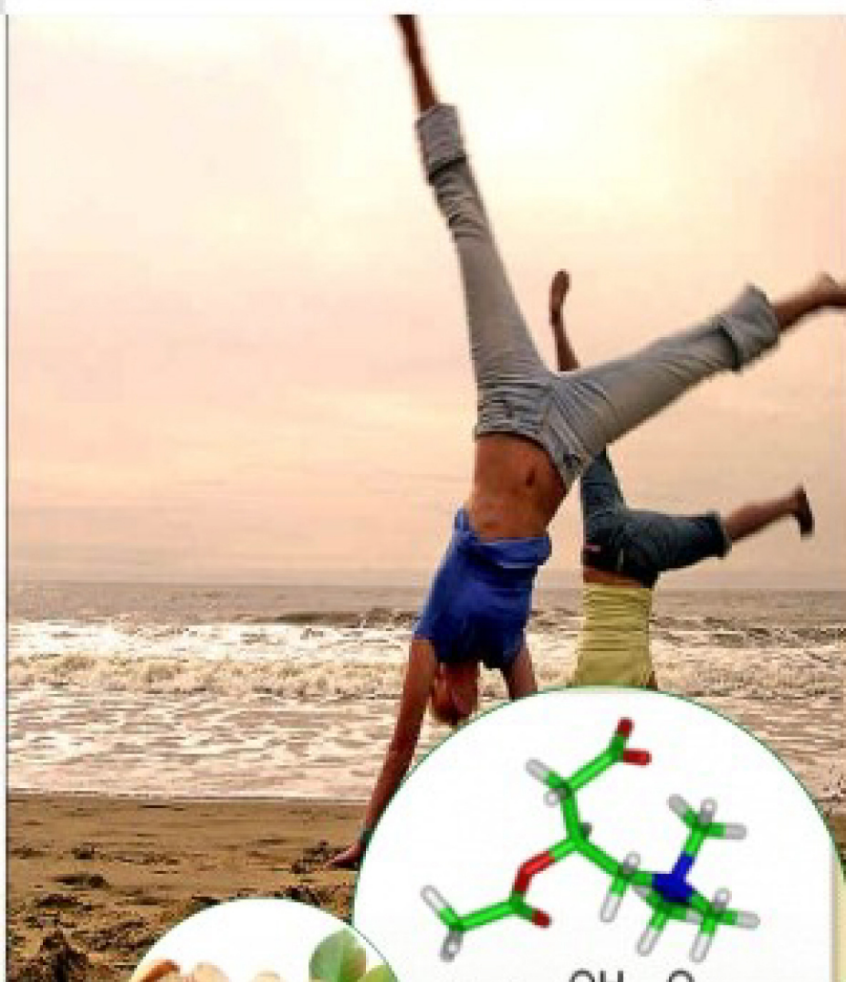
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Role of L-Carnitine:

- L-carnitine plays a crucial role in the body's energy production mechanisms. L-carnitine is needed to transport long-chain fatty acids into a cell's mitochondria where the fatty acids take part in oxidative reactions that produce energy.
- L-carnitine has antioxidant properties related to its role in mitochondrial energy production.
- L-carnitine's antioxidant and mitochondrial fat-metabolizing functions are critical to the health and function of the cardiovascular system. L-carnitine supplementation has been shown to reduce damage to heart muscle after heart attacks.

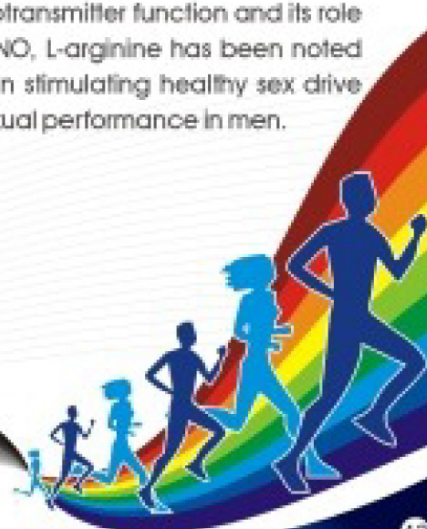
Role of Arginine:

- Promotes circulation resulting in improved blood flow.
- Arginine has been linked to enhanced immunity, the release of the Human Growth Hormone (HGH), greater muscle mass, rapid healing from injury, increased sexual potency, and helping to reverse atherosclerosis.
- Arginine is a component of collagen that plays a vital role in the production of new tissue and bone cells.
- Arginine aids in liver detoxification by neutralizing ammonia, and may benefit in the treatment of liver disorders such as liver injury, hepatic cirrhosis, and fatty liver degeneration.
- Related to its neurotransmitter function and its role as a precursor of NO, L-arginine has been noted for its critical role in stimulating healthy sex drive and enhanced sexual performance in men.



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Role of Lecithin:

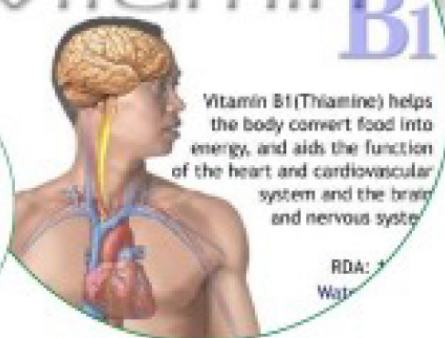
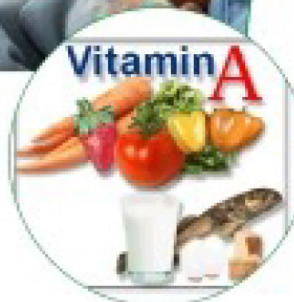
- Cardiovascular health.
- Liver and cell function.
- Fat transport and fat metabolism.
- Reproduction and child development.
- Physical performance and muscle endurance.
- Cell communication.
- Improvement in memory, learning and reaction time.
- Relief of arthritis.
- Healthy hair and skin.
- Treatment for gallstones.

Role of Vitamin A:

- Vitamin A is important "medicine" for the immune system. It keeps skin and mucous membrane (eyes, respiratory, urinary, intestinal tracts) cells healthy.
- Vitamin A, when converted into the retinal (retinaldehyde) form, is vital for healthy eyes.
- When converted into retinoic acid, vitamin A effectively maintains healthy bones and teeth.
- As a powerful antioxidant, vitamin A fights against oxidative stress, or "cellular rust," within our bodies.

Role of Vitamin B1:

- Vitamin B1 is responsible for converting sugar into energy.
- Vitamin B1 is responsible cardiovascular action by responsible for the production of acetylcholine, a neurotransmitter that relays messages to the muscles and nerves.
- Essential fatty acids Omega-3 and Omega-6 together with vitamin B1 help ensure eye health and prevent the formation of cataracts.
- Vitamin B1 helps relieve stress and also helps strengthen the nerves. And ensures smooth functioning of the brain and helps improve memory and concentration.
- Adequate intake of vitamin B1 ensures the development of myelin sheaths and aids nerve functioning.



Vitamin B1 (Thiamine) helps the body convert food into energy, and aids the function of the heart and cardiovascular system and the brain and nervous system.

RDA: 1.2 mg
Water

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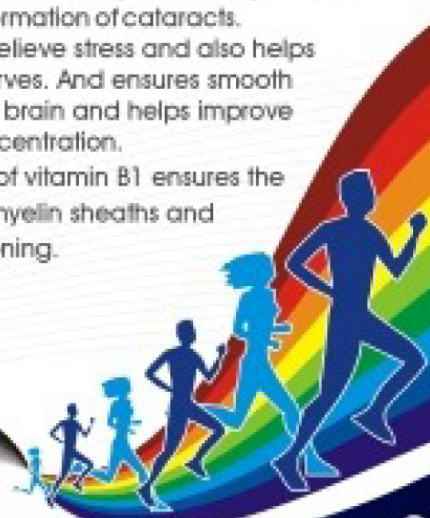
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Role of Vitamin B2:

- Vitamin B2 is increasingly prescribed as a preventive against severe migraine attacks. A dose of 400 mg is generally used.
- Vitamin B2 acts as an antioxidant that controls the play of free radicals. It helps in the prevention of heart diseases and cancer.
- Vitamin B2 plays a supportive role in the treatment of anemia. It is also used in treating sickle cell anemia. Low-levels of vitamin B2 contribute to both of these conditions.
- It minimizes the effects of cancer-producing carcinogens.
- It breaks down proteins, fats, and carbohydrates, and helps produce energy.

Role of Vitamin B3:

- The primary health benefit of vitamin B3 is a significant decrease in heart disease.
- It helps lower the level of bad cholesterol.
- Studies have shown that a key health benefit of vitamin B3 is the elevation of good (HDL) cholesterol levels. However, sufficient quantities of the vitamin must be ingested for the required benefits.
- Other health benefits of vitamin B3 include a reduction in the risk of Alzheimer's disease, cataracts, osteoarthritis, and type-1 diabetes.
- Produces Energy.



Vitamin B₂



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Role of Vitamin B5:

- It aids in the synthesis of cholesterol, which helps produce vitamin D and steroid hormones.
- Pantethine, a spin-off of vitamin B5, plays a key role in reducing the cholesterol level in the blood. It is recommended that people suffering from allergies and infections take vitamin B5 supplements.
- Patients having undergone surgery may be prescribed vitamin B5 supplements to ensure speedy healing. A good amount of micronutrients are lost in burn victims, which means the rate of infection is likely to be high. To combat this problem, doctors may prescribe vitamin B5 supplements.

Role of Vitamin B6:

- Vitamin B6 play key role in the production of protein, hormone and neurotransmitter; It can protect heart attack and reduce nausea feeling of pregnant.
- Vitamin B6 also is involved in the process of breaking down carbohydrates, and processing it to be turned into energy for our daily activities.
- Vitamin B6 has a significant role to play in the treatment of premenstrual syndrome occurring in women.
- Vitamin B6 is helpful in maintaining the level of hormones in human body, which helps controlling the level of a number of activities and occurrences in human body.
- Vitamin B6 helps in controlling the level of fat to be deposited on human heart and thus, relieves it from a number of cardiac diseases.



Vitamin B5

PANTOTHENIC ACID

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Role of Vitamin B12:

- It is needed to convert carbohydrates into glucose in the body, thus leading to energy production and a decrease in fatigue and lethargy in the body.
- It helps in healthy regulation of the nervous system, reducing depression, stress, and brain shrinkage.
- It helps maintain a healthy digestive system. Vitamin B12 also protects against heart disease by curbing and improving unhealthy cholesterol levels, protecting against stroke, and high blood pressure.
- It is essential for healthy skin, hair, and nails. It helps in cell reproduction and constant renewal of the skin.
- Vitamin B 12 helps protect against cancers including breast, colon, lung, and prostate cancer.

Role of Vitamin C:

- Promotes healing of all body cells.
- Helps prevent cancer ,heart disease and lowers high cholesterol.
- Detoxifies The Body and neutralizes harmful environmental and bacterial toxins.
- Prevents hardening of the arteries
- Acts as an antioxidants.



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Role of Vitamin E acetate:

- ▢ Vitamin E battle against oxidative stress caused by free radicals within our bodies.
- ▢ Vitamin E has been conclusively shown to protect our skin from ultraviolet radiation, thus guarding us from both skin cancer and premature aging.
- ▢ Vitamin E interrupts the development of nitrosamines (carcinogens formed in the stomach), which improves the body's metabolic function.
- ▢ Research has also shown that gamma-tocopherol possesses anti-inflammatory effects that can combat arthritis, rheumatism, asthma, and other inflammatory disorders linked to chronic inflammation.

Role of Vitamin D3:

- ▢ It helps the intestine absorb nutrients, including calcium and phosphorus. This ensures strong bones and a strong immune system.
- ▢ Vitamin D prevents osteomalacia and rickets and provides calcium balance in the body that prevents osteoporosis or arthritis.
- ▢ Vitamin D regulates blood pressure, reduces stress and tension, relieves body aches and pains by reducing muscle spasms, reduces respiratory infections.
- ▢ Not only does Vitamin D enhance your immunity, but it inhibits the development of destructive auto-immune diseases such as diabetes, rheumatoid arthritis, lupus and multiple sclerosis.



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Role of Folic acid:

- ❑ Folic acid facilitates cell maintenance and repair, synthesis of DNA, amino acid metabolism and formation of red and white blood cells.
- ❑ The benefits of folic acid include inhibiting colon cancer as well as preventing heart disease, as outlined below.
- ❑ Folic acid also helps to regulate good blood circulation by preventing the buildup of homocysteine.

Role of D-Biotin:

- ❑ Co-enzyme in wide variety of body metabolic reactions.
- ❑ Needed for production of energy from carbohydrates, fats and proteins
- ❑ Needed for interconversions.
- ❑ Essential for maintenance of healthy skin, hair, sweat glands, nerves, bone marrow and glands producing sex hormones.
- ❑ Biotin is also involved in making glucose and some amino acids and may play a role in DNA replication as it interacts with the DNA binding proteins known as histones.
- ❑ D-Biotin is a kind of keep the body's natural growth.





**Vitamin K
Rich Foods**



Beta Carotene

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Role of Beta Carotene:

- Most importantly, it helps to fight against all the eye problems, for instance, night blindness, colorblindness, formation of visual purple in the eyes, etc.
- Vitamin A also helps in keeping the health of the bones and teeth sound.
- Beta carotene is a great source of antioxidants that are essential to stop activities of the free radicals of the body. These free radicals can cause cell damage and enhance the immune system as well.
- beta carotene has shown positive abilities to stimulate cell to cell communication. Proper communication between the cells can play a vital role for the cause of cancer prevention.

Role of Vitamin K:

- Vitamin K prevents severe blood loss due to injury, by slowing and stopping the bleeding.
- It assists the absorption of an essential mineral - calcium.
- It helps prevent the loss of bone density and helps treat osteoporosis.
- It prevents the hardening of arteries, thereby reducing the risk of heart diseases.

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Role of Choline Bitartrate:

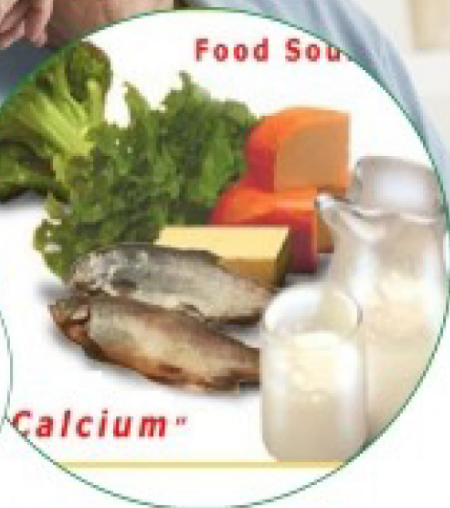
- Choline Bitartrate is known to benefit movement and coordination, as well as higher level brain functions such as thought, intellect and memory.
- It is also essential to the structural integrity of the cell walls, and aids in the production of amino acids and proteins.
- Choline Bitartrate prevents fat accumulation in the liver, and helps move fats in the body cells.
- It also is used for gallbladder and central nervous system regulation.

Role of Calcium:

- Calcium is one of the most important minerals for the the human body. Calcium helps form and maintain healthy teeth and bones. Proper levels of calcium over a lifetime can help prevent osteoporosis.

Calcium helps your body with:

- Building strong bones and teeth.
- Clotting blood.
- Sending and receiving nerve signals.
- Squeezing and relaxing muscles.
- Releasing hormones and other chemicals.
- Keeping a normal heartbeat.



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Role of Iron:

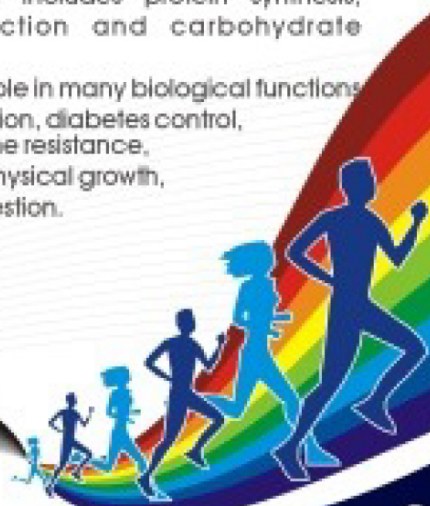
- Iron is helpful in the treatment of severe disorder called iron deficiency anemia, which results due to lack of adequate amount of iron in human body.
- Iron may also exhibit its health benefits in curing anemia resulting in women during pregnancy or menstruation.
- One of the most important health benefits of iron is that it acts as a carrier of oxygen and thus participates in transferring oxygen from one body cell to other.
- Iron also plays a key role in providing strength to the immune system of human body. Thus, the body is made proficient enough to fight against a number of diseases and infections.
- Iron is also useful in treating insomnia in human body and also improves the sleeping benefits in the life of an individual.

Role of Zinc:

- This mineral is important for erasing acne from skin. Zinc plays an important role in healing chronic infection and assists the body in restoring its ability to heal properly.
- Zinc supplements help in decreasing the severity and duration of cold illness. It reduces the amount of proinflammatory cytokines, which is aggravated during the cold infections.
- Zinc plays a leading role in weight loss and in controlling the appetite of the person.
- Zinc acts as an antioxidant and is basically involved in some of the biochemical decisive reactions, which includes protein synthesis, enzymatic function and carbohydrate metabolism.
- Zinc plays a vital role in many biological functions such as reproduction, diabetes control, stress level, immune resistance, smell and taste, physical growth, appetite and digestion.

Iron

The best source of iron is lean red meat. Iron can also be found in chicken, turkey, eggs, and cereals.



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Role of Magnesium:

Magnesium in the body serves several important role:

- Contraction and relaxation of muscles.
- Function of certain enzymes in the body.
- Production and transport of energy.
- Production of protein.

Role of Potassium:

- Potassium plays an important role in keeping the working of brain in normal state.
- Potassium plays an important role in regular muscle contraction.
- Potassium is helpful in reversing the role of sodium in unbalancing the normal blood pressure. Thus, it acts as a vital component, which maintains the normality of blood pressure in human body.
- Potassium, as it ensures proper growth of muscle tissues and proper utilization of energy released during metabolism to add significant worth to muscular strength.
- The health benefits of potassium ensure good health for heart as well as kidneys.



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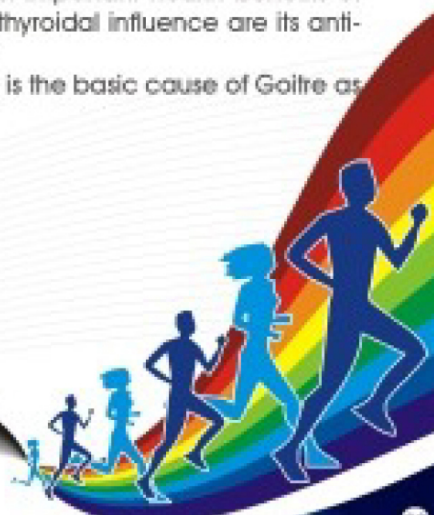
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Role of Copper:

- ❑ Copper enhances the improvement of the digestive track. It helps a person to digest food stuff easily. The growth of muscle occurs fantastically due to the presence of copper in the body to speed up the muscle growth and nourishment.
- ❑ Copper performs its duty excellently to keep the heart in good condition.
- ❑ The proper synthesis among the tissues takes place in the event of usage of copper.
- ❑ Copper is also applicable to treat the wounds. It heals the sores and cuts in the skin.
- ❑ Copper prevents the ageing to a great extent.
- ❑ Cardiac disorder will be under control in the case of the good application of the copper mineral in the safekeeping of the physique from the infection/disease and discomfiture.
- ❑ In the event of regulating high cholesterol, copper performs marvelously to keep the balance of cholesterol in the blood.

Role of Iodine:

- ❑ Iodine influences the functioning of thyroid glands by assisting in production of hormones, which are directly responsible for controlling the basic metabolic rate.
- ❑ Iodine helps in the normal growth and maturity of reproductive organs.
- ❑ Iodine can significantly reduce conditions like fibrosis, turgidity and breast tenderness. Iodine acts as a relief for fibrocystic diseases and is widely used even in therapies.
- ❑ Probably, the most important health benefits of iodine apart from thyroidal influence are its anti-cancer properties.
- ❑ Iodine deficiency is the basic cause of Goitre as widely known.



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Role of Selenium:

- ❑ Selenium is an anti-oxidant activity.
- ❑ Selenium helps a person to activate competently.
- ❑ As selenium is an anti-oxidant to purify blood.
- ❑ Selenium is essential trace element, selenium will lead to increased immunity.

Role of Boron:

- ❑ Boron helps persons to grow normally.
- ❑ Boron performs excellently to absorb magnesium. It also keeps the balance of calcium in the body.
- ❑ Boron comes handy to eliminate the rheumatoid arthritis and decreases the severity of allergies.
- ❑ Boron has become very important source of energy and vitality.
- ❑ Boron regulates calcium and it brings huge flexibility to the bone contraction.
- ❑ Women basically pass the painful nights due to menstrual disorder after puberty.
- ❑ Cardiac disorder and heart congestion are detrimental to people who are aged. Improper blood circulation causes cardiac disease.
- ❑ stamina and power to reduce the amount of cholesterol in the blood stream.



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Role of Silicon:

Silicons play important role-

- For strong bones and teeth.
- For osteoporosis prevention.
- For healthy skin, nails, and hair.
- For burning of fats and carbohydrates.
- For normal growth and development.
- For sprains and strains.

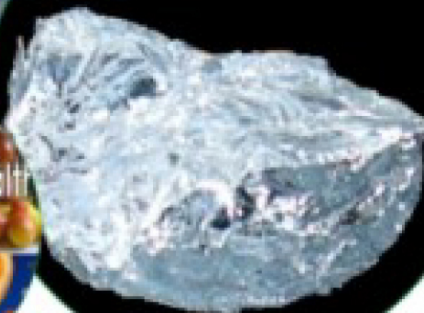
Role of Chromium:

- Chromium regulates cholesterol in the blood stream.
- However, good lipoprotein percentage in the blood stream is enhanced by this chromium.
- Chromium is also user-friendly to the reduction of the risk factors in keeping the heart safe.
- Chromium is not only functional in developing tissues but also it enhances the balance of some important components in the blood.
- Chromium is useful to the obese person and it decreases the severity of fat deposition in the body. Fat increases the chance of over-weight and obesity. For this reason, you will have to take chromium to keep fit and lean.

Role of Tin:

- For possible contribution to growth factors.
- For possible anti-cancer properties.

Si - SILICON





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Role of Vanadium:

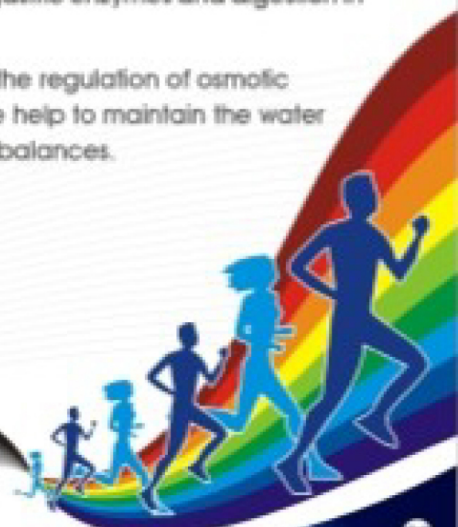
- One benefit of vanadium is its ability to prevent the buildup of cholesterol in the blood vessels, which in turn reduces high triglyceride levels.
- Vanadium plays a vital role in cellular metabolism, especially the growth and development of bones and teeth.
- Vanadium can cause certain enzymes to accelerate chemical reactions in the body, resulting in higher energy and metabolic rates. The mineral has also been found to increase the metabolism of carbohydrates.
- Vanadium has been found to aid people who have diabetes, as the mineral mimics the effect that insulin has on the cells and reduces high blood sugar.

Role of Nickel:

- For acceleration of chemical reactions in body.
- For bone health.
- Though many scientists suspect that nickel is necessary for good human health.

Role of Chloride:

- Potassium chloride reduced systolic and diastolic blood pressure.
- Chloride provides the acid medium for the activation of the gastric enzymes and digestion in the stomach.
- It is important for the regulation of osmotic pressure. Chloride help to maintain the water balance and pH balances.





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Role of Phosphorus:

- ❑ Phosphorus is a vital part of the process related to growth and maintenance of bones and teeth.
- ❑ Phosphorus plays an important role in facilitating effective digestion in human body.
- ❑ Phosphorus has an important aspect of keeping the kidneys in a normal condition.
- ❑ phosphorous is an essential element found around as well as inside the cells of brain, it is responsible for various important functions. Proper level of phosphorous helps maintain proper brain functions.

Role of Molybdenum:

- ❑ For anemia.
- ❑ For sense of well-being.
- ❑ For anti-cancer of stomach and esophagus.
- ❑ For tooth decay.
- ❑ For detoxification of preservatives and sulphites.
- ❑ For metabolism of fats and carbohydrates.



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