

## Vita-X-tremes

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This information is not presented with the intention of diagnosing or prescribing, but is offered for informational purposes only. In the event that the information is used without a Physician's approval, the individual will be diagnosing for himself. No responsibility is assumed and no guarantees of any kind are made for the performances or effectiveness of the items mentioned in this guide. All should seek a professional's advice before diagnosing for themselves.

**Vitamin A (Beta Carotene)** *fat soluble*,...Maintenance of body tissue, resist infection, necessary for health skin, eyes, bones, hair and teeth...Beta Carotene is an antioxidant and can be converted by the body to Vitamin A as needed....necessary for night vision.

*Therapeutic Application*... acne, alcoholism, allergies, arthritic, asthma, colds, cystitis, diabetic, eczema, heart disease, migraine headaches and psoriasis.

**Vitamin B-1 (Thiamine)** *water soluble*,...Needed for normal appetite and functioning of nervous system. Releases energy from food....blood building, circulation, digestion, growth, learning capacity and muscle tone. *Therapeutic Application*... anemia, alcoholism, congestive heart failure, constipation, diarrhea, diabetes, indigestion, rapid heart rate and stress.

**Vitamin B-2 (Riboflavin)** *water soluble*,...Releases energy from food...necessary for healthy skin and eyes, antibody and red blood cell formation and cell respiration.

*Therapeutic Application*....acne, alcoholism, arthritis, athletes foot, baldness, cataracts, diabetes, diarrhea, indigestion and stress.

**Vitamin B-6 (Pyridoxine)** *water soluble*,... Releases energy from food, plays a role in protein and fat metabolism, digestion, weight control. Essential for function of red blood cells and hemoglobin synthesis...maintains sodium/potassium balance and nerves.

*Therapeutic Application*...arteriosclerosis, baldness, cystitis, facial oiliness, nervous disorders, nausea in pregnancy, post operative nausea, stress and water retention.

**Vitamin B-12 (Cobalamin)** *water soluble*,.... Necessary for healthy nervous system, prevents pernicious anemia, involved in synthesis of genetic material (DNA), metabolism of carbohydrate, fat and protein...appetite, blood cell formation and cell longevity.

*Therapeutic Application*... alcoholism, allergies, anemia, arthritis, bronchial asthma, bursitis, fatigue, hypoglycemia, insomnia and stress.

**Vitamin C (Ascorbic Acid)** *water soluble*....as an antioxidant, inhibits the formation of nitrosamines (a suspected carcinogen) important for maintenance of bones, teeth, collagen and blood vessels (capillaries)...enhances iron absorption, and red blood cell formation....digestion, healing and infection resistance. *Therapeutic*

*Application*....alcoholism, allergies, arteriosclerosis arthritis, cholesterol, clots, cystitis, hypoglycemia, heart disease, sinusitis and stress.

**Vitamin D (Calciferol)** *fat soluble*,...Assists in the absorption and metabolism of calcium and phosphorus for strong bones and teeth, stimulates your intestines to increase absorption of magnesium; one of calciums bone building partners. Sunlight is important to stimulate the body to produce the vitamin. *Therapeutic Application*...acts primarily to maintain bone integrity through enhanced absorption of the mineral required to build and

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maintain the skeletal structure...causes your kidneys not to waste phosphate in urine. Taken with vitamin A and vitamin C, it can aid in preventing colds....helps in treatment of conjunctivitis.

**Vitamin E (Tocopherol)** *fat soluble 100% natural ...* As an antioxidant , helps protect cell membranes, lipoproteins, fats and vitamin A from destructive oxidation. Helps protect red blood cells, blood cholesterol reduction, blood flow to the heart, strengthen capillary wall ...fertility, male potency. Important as a vasodilator and anticoagulant. Keeps you looking younger by retarding cellular aging. Supply oxygen to the body for more endurance. *Therapeutic Application...* allergies, arthritis, cholesterol, diabetes, heart disease, menstrual problems, menopause, phlebitis, sinusitis, stress, varicose veins, prevents and dissolves blood clots, alleviates fatigue, prevents thick scar formation externally (when applied topically can be absorbed through the skin) and internally accelerates healing of burns. Works as a diuretic, can lower blood pressure. Aids in prevention of miscarriages. Helps alleviate leg cramps and charley horse....and lower the risk of heart disease.

**Niacinamide B-3** *water soluble...*Release energy from food ...aids in maintenance of skin, nervous system and proper mental functions (brain). Essential for synthesis of sex hormones (estrogen, progesterone, testosterone). Lack of niacin can bring about negative personality changes. *Therapeutic Application...*promotes healthy digestive system...alleviate gastrointestinal disturbances, helps prevent and ease migraine headaches, increase circulation, reduce blood pressure, ease diarrhea, helps eliminate canker sores and bad breath...reduces cholesterol and triglycerides. The difference...niacin may cause flushing and Niacinamide will not.

**Folic Acid** *water soluble....*Member of B complex...also known as Vitamin M. Essential to formation of red blood cells, aids in protein metabolism...important for the production of RNA and DNA. Needed for utilization of sugar and amino acids. Is critically important to produce new cells, skin cells, hair cells, immune fighting white blood cells. Acts to remove fat stored in your liver and converting amino acids to rebuild and maintain body proteins. *Therapeutic Application...*improve lactation, protects against intestinal parasites and food poisoning. Promotes healthier looking skin, analgesic for pain, helps prevent birth defects, spinal tube defects in children, increase appetite, prevent canker sores. helps ward off anemia, may delay hair graying when used with pantothenic acid and PABA.

**Pantothenic Acid** *water soluble....*forms one part of a vital substance called Coenzyme A which is necessary for energy production and metabolism of carbohydrates and fatty acids. It is necessary for normal synthesis of red blood cells, brain chemicals, cholesterol and corticosteroids....critical to withstanding physical and emotional stress...also helps the immune system to stimulate antibody production and needed for the normal functioning of the adrenal glands. Adequate amounts of pantothenic acid are necessary for the proper absorption and metabolism of folic acid.

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**PABA (Para-Aminobenzoic Acid)** *water soluble...* B-Complex family...helps form folic acid, important in utilization of protein...helps in the assimilation...and therefore the effectiveness of pantothenic acid...has sun-screening properties. In animals, it restores gray hair to its natural color, reduces pain of burns....keeps skin healthy and smooth...also helps delay wrinkles.

**Biotin (Coenzyme R or Vitamin H)** *water soluble...* Synthesis of ascorbic acid requires biotin. Essential for metabolism of fat and protein...releases energy from food...needed for normal hair production and growth...alleviates eczema and dermatitis...has insulin like activity in lowering blood sugar.

**Calcium** .. There is more calcium in the body than any other mineral. Builds strong bones and teeth, involved in nerve transmission and muscle contractions. Blood clotting...heart rhythm. Almost all the body's calcium (two-three pounds) is found in the bones and teeth...20% of an adults bone calcium is reabsorbed and replaced every year. *Therapeutic Application...* Arthritis, aging symptoms, cramps, insomnia, menstrual cramps and nervousness.

**Magnesium** ...Necessary for calcium and vitamin C metabolism...as well as that of phosphorus, sodium and potassium...effective for nerve and muscle functioning. Important for converting blood sugar into energy. Known as the anti-stress mineral. Needed in many enzyme systems. *Therapeutic Application...* lower cholesterol, depression, heart conditions, combined with calcium can work as a natural tranquilizer.

**Phosphorus**...present in every cell in the body involved in virtually all physiological chemical reactions...necessary for normal bone and tooth structure essential for normal kidney functioning. Needed for energy production, transference of nerve impulses. *Therapeutic Application...* Arthritis, stunted growth in children, stress and tooth and gum disorder, and provides energy and vigor by helping in the metabolism of fats and starches.

**Potassium**....an electrolyte needed to maintain fluid balance...proper heartbeat and nerve transmission, muscle contraction. Works with sodium to regulate the body's water balance. Hypoglycemia,(low blood sugar) mental and physical stress can lead to a potassium deficiency...helps maintain normal blood pressure. *Therapeutic Application...*...acne, alcoholism, allergies, burns, colic in infants, diabetes, high blood pressure and heart disease.

**Manganese**...helps activate enzymes necessary for the body's proper use of biotin, B1 and Vitamin C, tissue repair, bone structure, important in the formation of thyroxin, the principal hormone of the thyroid gland. Necessary for proper digestion and utilization of food, important for reproduction and growth...sex hormone production and central nervous system function. *Therapeutic Application....*allergies, asthma, diabetes, eliminates fatigue, aids in muscle reflex, helps prevent osteoporosis, improves memory and reduces nervous irritability.

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**Iron...**essential and required for life, necessary for the production of hemoglobin (red blood corpuscles), myoglobin (red pigment in muscles) and certain enzymes. Only about 8% of the iron intake is absorbed. Your immune defense cells (white blood cells) also require sufficient iron for normal production. *Therapeutic Application...*Anemia, alcoholism, colitis, menstrual problems, aids growth, promotes resistance to disease...prevents fatigue, cure and prevent iron-deficiency, anemia and brings back good skin tone.

**Zinc...**acts as a traffic policeman, directing and overseeing the efficient flow of body processes...the maintenance of enzyme systems and cells. Essential for protein synthesis, help in the formation of insulin, maintains the body's acid-alkaline balance, normalizing effect on the prostate and is important in the development of all reproductive organs, important in brain function. Most zinc in foods is lost in processing or never exists in substantial amounts due to nutrient-poor soil. *Therapeutic Application....*accelerate healing time of internal and external wounds....gets rid of white spots on nails...helps eliminate loss of taste...helps avoid prostate problems...helps decrease cholesterol deposits...aids in the treatment of mental disorder, baldness, cirrhosis, diabetes and infertility.

**Copper...**essential for red blood cell formation. Involved in many enzyme systems including ...superoxide-dismutase (SOD)...a major antioxidant enzyme system, bone formation, hair and skin color. Essential for the utilization of Vitamin C...can reach the bloodstream fifteen minutes after ingestion. *Therapeutic Application...*aids anemia, baldness...keeps energy up by aiding in effective iron absorption...coats the outer part of nerve fibers.

**Iodine...**needed for the proper function of the thyroid gland and production of thyroid hormones, energy production, metabolism of excess fat, physical and mental development. *Therapeutic Application....*atherosclerosis, liver problems, goiter, hyperthyroidism, mental alacrity.

**Chromium...**needed for blood sugar balance, glucose metabolism, helps bring protein to where it is needed. As part of the Glucose Tolerance Factor (GTF), it works with insulin to regulate blood sugar levels. *Therapeutic Application....*hypoglycemia, aids growth, helps prevent and lower high blood pressure...works as a deterrent for diabetes and arteriosclerosis.

**Selenium...**excellent as an antioxidant, it is a constituent of glutathione peroxidase. Vitamin E and selenium are synergistic, preventing, or at least slowing down, aging and hardening of tissues through oxidation. *Therapeutic Application...*lowers cholesterol, aids growth, defends against infections, improves function of liver, pancreas and sterility in men. Improves elasticity of tissues...alleviates hot flashes and menopausal distress...dandruff...possibly neutralizes certain carcinogens and protection from some cancers.

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**Pancreatin...**Proteolytic enzymes, biochemical compounds composed of proteins which initiate and regulate virtually every function of the human body. Cooking destroys most enzyme content of food.. Can lower our risk of diseases caused by digestion. Pancreatin and papain are most effective in digesting our food. *Therapeutic Application...*allergies, digestive disorders, gas, bloating, constipation, ulcers, colon disease, heartburn and autoimmune disease.

**Betain HCL....**is the best form of commercially available hydrochloric acid. Hydrochloric acid works to digest tough foods such as fibrous meats, vegetables and poultry...also, protein, calcium and iron. Because stress, tension, anger and anxiety before eating cause a lack of HCL, more of us are short of it than we realize. Dr. Alan Nettler, author of “A New Breed of Doctors”, states everyone over the age of forty should use a HCL supplement.

**Pepsin...**is a vital digestive enzyme that breaks up the protein of ingested food, splitting them into usable amino acids. Without pepsin, protein could not be used to build healthy skin, strong skeletal structure, rich blood supply and strong muscles.

**Papain...**is a digestive enzyme that breaks up protein...derived from papaya...aids heartburn.

**Choline...**a member of the B-complex family and a lipotropic (fat emulsifier)...works with inositol to utilize fats and cholesterol...one of the few substances able to penetrate the blood brain barrier, which protects the brain and spinal cord against variances in the daily diet and goes directly into the brain cells to produce a chemical that aids memory. *Therapeutic Application...*helps control cholesterol buildup ...aids in sending nerve impulses to the brain, assists in memory loss...helps eliminate poisons and drugs from your system by aiding the liver...aids in the treatment of Alzheimer’s Disease.

**Inositol...**member of the B-complex family and a lipotropic...combines with choline to form lecithin...metabolizes fats and cholesterol, nourishes brain cells...helps mobilize fat from the liver and around the internal organs in weight loss. *Therapeutic Application...*helps lower cholesterol, promotes healthy hair, aids in preventing fallout..helps prevent eczema...aids in redistribution of body fat....produces a calming effect.

**Vita-X-Tremes** *Di-calcium Phosphate. Magnesium Stearate. This product does not contain sugars, starch, salt, waxes, artificial flavors, colors, yeast, preservatives or chemical stabilizers.*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.