

Néctavida Ingredients Benefits

Beta Carotene – antioxidant precursor to Vitamin A which helps protect the body from heart disease, cancer, cataracts and macular degeneration. Promotes healthy skin.

Vitamin C (Ascorbic Acid) – potent antioxidant that strengthens cells, boosts immunity, promotes wound healing and protects against the effects of stress. Helps restore the antioxidant potential of Vitamin E.

Vitamin D (Cholecalciferol) – vital for calcium absorption and maintenance of calcium levels in the blood. Increases bone strength, helps fight osteoporosis and psoriasis.

Vitamin E (d-alpha Tocopherol Succinate) – potent antioxidant that protects cell membranes from free radical damage. Reduces risk of cardiovascular disease and cancer, boosts immune function and promotes wound healing.

Vitamin B1 (Thiamine HCl) – increases cellular energy production, helps maintain memory, improves carbohydrate/insulin metabolism.

Vitamin B2 (Riboflavin) – increases energy levels, reduces chronic fatigue, improves concentration and mood.

Vitamin B3 (Inositol HexaNiacinate) – involved in proper functioning of over 200 metabolic enzymes, plays a major role in manufacturing hormones and blood cells and in releasing energy from fats, carbohydrates and proteins. Improves lipid profile, sugar/insulin metabolism, circulation and arthritis symptoms.

Vitamin B6 (Pyridoxine HCl) – necessary for production of prostaglandins, serotonin and hemoglobin, supports development of red and white blood cells. Improves immune and nervous system function, emotional outlook and mood; relieves arthritis and carpal tunnel syndrome; promotes cardiovascular health by helping lower homocysteine levels.

Vitamin B12 (Cyanocobalamin) – increases energy, improves memory, promotes concentration, reduces heart disease risk by helping lower homocysteine.

Vitamin B5 (Pantothenic Acid) – increases energy and exercise performance, counters stress, improves lipid profile, helps with rheumatoid arthritis.

Folic Acid – plays key role in synthesis of DNA and RNA (genetic material), production of red blood cells and maintenance of the nervous system. Necessary for prevention of nervous system birth defects and heart disease (helps lower homocysteine).

Biotin – critical co-enzyme for energy production, proper metabolism of fats, carbohydrates and proteins. Increases energy level, strengthens hair and nails, promotes normal lipid profile and normalizes blood sugar levels.

Choline (Bitartrate) – an important constituent of cell membranes that participates in lipid (fat) transport and helps reduce fat accumulation in the liver. As a key component of the main neurotransmitter, acetylcholine, it promotes normal brain development and helps improve memory. Increases energy, delays fatigue and helps protect against cardiovascular disease and cancer.

Inositol – required for proper function of cell membranes, affects nerve transmission and helps in transporting fats within the body. Helps with anxiety, depression and bipolar disorder.

PABA – improves action of cortisone, prevents and reverses accumulation of abnormal fibrous tissue, helps in connective tissue disorders like scleroderma, improves female fertility.

Trimethylglycine (TMG or Betaine) – a “methyl donor” which supports proper liver function, cellular replication and detoxification reactions. Plays a role in the production of carnitine and protects the kidneys from damage. Helps reduce homocysteine, which promotes atherosclerosis and osteoporosis.

Zinc (Methionate) – a trace mineral that functions as part of about 300 enzymes and plays a role in virtually all biochemical and physiological processes. Important for wound healing, immune system support, prostate health, male fertility and carbohydrate metabolism.

Selenium (Selenomethionine) – antioxidant trace mineral that offers immune system support. protection from cancer and heart disease. Promotes skin health, male fertility and healthy prostate function.

Copper (Glycinate) – mineral involved in production of energy and hemoglobin. Works with Vitamin C to form collagen, serves as part of an important antioxidant enzyme system, supports thyroid function.

Manganese (Citrate) – trace mineral essential to many enzyme systems. Involved in energy production, protein and cholesterol metabolism, bone formation and synthesis of the neurotransmitter L-dopamine. Important for proper digestion, as an enzyme co-factor.

Molybdenum (Citrate) – trace mineral that is a vital part of enzyme systems involved in uric acid metabolism, iron utilization and carbohydrate metabolism. Counteracts several cancer-causing chemicals.

Atlantic Kelp – rich source of iodine, supports healthy thyroid function.

Chromium Niacinate – essential trace mineral that promotes proper glucose metabolism, increases insulin sensitivity, reduces body fat, controls hunger, increases lean body mass and improves lipid profile.

Omega 3,6,9 Fish Oil – source of essential fatty acids that support cell membrane integrity, regulate inflammation, promote cardiovascular health and enhance mood.

Whey Protein Concentrate – high quality, low fat source of essential amino acids that is more biologically active than other proteins. Enhances immune function and leads to increased protein synthesis.

Soluble Fiber – lowers harmful cholesterol, reduces reabsorption of bile, prevents constipation, decreases risk of colon cancer, serves as probiotic.

Pomegranate Extract – source of ellagitannins, precursors to ellagic acid, which promotes normal cell life cycles and reduces cancerous changes in cells.

Red Raspberry Extract (Meeker) – most concentrated source of ellagitannins known.

Bilberry – rich source of antioxidants which promote good vision, help avoid cataracts, strengthen capillaries, counter varicose veins and hemorrhoids, reduce bruising and promote wound healing.

Coated Trace Mineral Complex – trace minerals function as co-enzymes which are necessary for proper enzyme function to facilitate cellular chemical reactions and they are part of DNA, our genetic material. They are required in small amounts for proper body function, aid in growth and development, and strengthen body tissues.

Green Tea Extract – source of catechins, potent antioxidants which enhance immune function, protect against cancer, promote cardiovascular health and enhance weight loss.

Quercetin – flavonoid antioxidant which has antihistamine activity and can help relieve allergic symptoms. It protects against heart disease, improves blood vessel strength, increases metabolism and helps prevent cataracts.

Grape Seed Extract – source of OPC's, potent antioxidants which offer heart protection, reduce cancer risk, improve blood vessel strength, reduce inflammation and swelling, and promote eye health.

Resveratrol – antioxidant and anti-inflammatory phytochemical that reduces arterial clogging, protects against cancer and heart disease.

Tropical Fruit Blend – concentrated source of a variety of antioxidants and phytochemicals.

N Acetyl Cysteine – precursor to the body's primary cellular antioxidant, glutathione, which protects cell membranes, enhances immune function, helps detoxify chemicals and heavy metals, protects against cancer and heart disease, relieves smoker's cough and bronchitis, and reduces exercise fatigue.

N Acetyl L-Carnitine – more bioavailable form of L-Carnitine, which enhances endurance, increases fat metabolism, improves lipid profile, protects and strengthens heart, and provides antioxidant protection of nerve cells.

Aztec Cocoa Extract – powerful antioxidant that reduces risk of cardiovascular disease, supports the nervous system, generates a sense of well-being, promotes fat burning and improves energy levels.

Malic Acid – potent aluminum detoxifier that increases energy while supporting tired muscles, helps fibromyalgia and chronic fatigue, and softens and helps dissolve gallstones.