

# NTrinsic™ Key Ingredients

INGREDIENTS	FUNCTION	BENEFITS & DESCRIPTION
<b>Yerba Maté</b>	Energy Antioxidant Adaptogen	<ul style="list-style-type: none"> <li>• Alertness without jitters</li> <li>• Boosts immunity (whole body tonic)</li> <li>• Has vitamins, minerals, 15 amino acids</li> </ul> <p>Yerba Maté refers to a South American plant and the associated medicinal and cultural drink. A remedy of choice for Guarani Indians, maté is believed to keep its drinkers healthy and energetic. Maté leaves contain xanthines (central nervous system stimulants) and are a rich source of vitamins, minerals and 15 amino acids.</p>
<b>Guaraná</b>	Energy Antioxidant	<ul style="list-style-type: none"> <li>• Central nervous system stimulant (natural caffeine)</li> <li>• Improves cognitive functions</li> <li>• Fat cell reduction properties</li> </ul> <p>Guaraná a small tree, native of South America is a source of natural caffeine. The alkaloids in the guaraná plant are central nervous system stimulants and as such improve cognitive functions and physical endurance studies show. Guaraná is highly valued by Tupi-Guarani people of Brazil and is believed to have antioxidant, antibacterial and fat cell reduction properties.</p>
<b>Ginkgo Biloba</b>	Energy Antioxidant	<ul style="list-style-type: none"> <li>• Improves memory</li> <li>• Increases physical endurance</li> <li>• Improves blood flow</li> </ul> <p>Ginkgo Biloba is a unique tree and one of the best known examples of a living fossil. Ginkgo leave extracts are believed to enhance mental functions (memory etc.) and have antioxidant effects. The flavonoids in ginkgo leaves have been shown to improve blood flow, and help prevent platelet aggregation/blood clotting.</p>
<b>Rooibos / Red Tea</b>	Antioxidant Adaptogen	<ul style="list-style-type: none"> <li>• Contains powerful antioxidant: SOD-superoxide dismutase.</li> <li>• SOD believed to provide skin rejuvenation among other benefits</li> <li>• Increases body's resistance to stress</li> <li>• No caffeine &amp; low tannin levels</li> </ul> <p>Rooibos meaning red bush in Afrikaans is a plant in the legume family used to make a long-appreciated tisane in its native South Africa. Rooibos is becoming increasingly popular worldwide due to its powerful antioxidant content (including SOD-superoxide dismutase) and adaptogenic properties (increases the body's resistance to stress).</p>

<b>EGCG</b>	Antioxidant	<ul style="list-style-type: none"> <li>• Powerful antioxidant found in green tea (helps fight heart disease and cancer)</li> <li>• May promote weight loss</li> </ul> <p>EGCG (epigallocatechin gallate) is a powerful antioxidant polyphenol found in green tea. It is believed to help prevent both heart disease and cancer and promote weight loss.</p>
<b>Vitamin B3 (Niacin)</b>	Energy	<ul style="list-style-type: none"> <li>• Aids release of energy from carbohydrates</li> <li>• Regulates cholesterol</li> </ul> <p>Vitamin B3 aids in the process of releasing energy from carbohydrates and regulates cholesterol. Vitamin B3 is also used to form fat from carbohydrates and to process alcohol.</p>
<b>Vitamin B5 (Pantothenic Acid)</b>	Energy Adaptogen	<ul style="list-style-type: none"> <li>• Used to produce, transport &amp; release energy from fats</li> <li>• May reduce cholesterol</li> </ul> <p>Vitamin B5 is part of a B-complex group and is used to produce, transport, and release energy from fats. Vitamin B5 makes possible the release of energy from nutrients and also may reduce cholesterol.</p>
<b>Vitamin B6 (Pyridoxine HCL)</b>	Energy Adaptogen	<ul style="list-style-type: none"> <li>• Main vitamin for processing amino acids (protein building blocks)</li> <li>• Essential for metabolizing food into energy → supports growth, tissue health, storage of energy in muscles...</li> <li>• Essential to regulate mental processes and possibly mood</li> </ul> <p>Vitamin B6 is the main vitamin in the processing of amino acids. Vitamin B6 is essential for growth, health of body tissues, metabolism of food into energy, storage of energy in the muscles, activation of the B vitamins, and regulation of the acidity of the blood. Vitamin B6 is also an essential nutrient in the regulation of mental processes and possibly mood.</p>
<b>Vitamin B12 (Cyanocobalamin)</b>	Energy Adaptogen	<ul style="list-style-type: none"> <li>• Eases depression, fatigue</li> <li>• Essential for normal nerve cell activity and red blood cell health</li> <li>• Maintains stamina</li> </ul> <p>Vitamin B12 is used to ease depression, fatigue and to prevent dietary deficiency. Vitamin B12 is essential for normal nerve cell activity, red blood cell health, maintaining normal bodily functions and maintaining one's stamina.</p>

Statements contained herein have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.