

## Alpha Lipoic acid

Fights Diabetes and Diabetic Complications  
Helps with getting rid of heavy metals  
Prevents Memory loss and cognitive decline  
May Reduce damage from strokes  
Promotes healthy nerve function  
Relief from migraines  
Bcomplex 1,2,3,5,6

B vitamins have a direct impact on your energy levels, brain function, and cell metabolism.

Vitamin B complex helps prevent infections and helps support or promote:

- cell health
- growth of red blood cells
- energy levels
- good eyesight
- healthy brain function
- good digestion
- healthy appetite
- proper nerve function
- hormones and cholesterol production
- cardiovascular health
- muscle

## B7 Biotin

Supports a Healthy Metabolism  
May Improve Glucose Intolerance and Help Balance Blood Sugar  
Maintains Healthy Hair, Skin and Nails  
Protects Brain Function and Fights Cognitive Decline  
Helps Maintain a Healthy Cardiovascular System  
Supports Thyroid and Adrenal Function  
Needed to Build and Repair Tissues and Muscles

## B12

Helps Maintain Energy Levels  
Helps Prevent Memory Loss and Lowers Risk of Neurodegenerative Disease  
Boosts Mood and Helps the Nervous System to Properly Function  
Plays a Role in Maintaining Heart Health  
Needed for Healthy Skin and Hair  
Aids in digestion  
Needed for healthy pregnancy  
Helps in preventing cancer  
Helps produce red blood cells to prevent anemia

## CoQ10

*Sustains natural energy*  
*Reduces free radical damage for prevention of cancer*  
*Improve heart and lung health*  
*Helps maintain pH levels*  
*Helps with inflammation in body*  
*Can increase absorption of other essential nutrients maximizing the effects of vitamins and antioxidants in the body*  
*Regulates blood sugar*  
*Helps reduce headaches*

## Vitamin C

*Powerful antioxidant properties*  
*Helps prevent anemia*  
*Boost immunity*  
*Improves heart health*  
*Glowing skin*  
*Reduces risk of gout*  
*Energy production*  
*Helps with cancer and chemo treatment*  
*Produce collagen*

## Vitamin D

*Contributes to bone health*  
*Supports immune system*  
*Helps control inflammation in MS,arthritis,ibs*  
*Manage blood sugar levels*  
*Fight heart disease*  
*Facilitates Hormone Regulation and Can Help Improve Your Mood*  
*Helps with Concentration, Learning and Memory*

## Glutathione

### *Master of antioxidants*

- Great antioxidant
- Enhances detox
- Supports the liver
- May help with diabete
- Supports the brain, gut, kidneys, and lungs
- Fights oxidative stress
- Lowers inflammation
- Anti aging
- Helps with anxiety depression stress
- Fights infection
- Protects brain
- Heart and gut Health
- Kidney protection
- Lungs and airway
- Heathy pregnancy

## Lipo C

*Improved mood*  
*Increased fat loss with dieting*  
*Liver fat metabolized more easily*  
*Metabolism boost*  
*Preserve lean muscle when dieting*  
*Promotion of healthy cholesterol levels*  
*Support for healthy blood sugar levels*

## L Arginine

### Nitric oxide

Dilates vessels improves blood flow

- fighting inflammation
- lowering risk for arteriosclerosis and heart attack
- repairing blood vessels
- fighting congestive heart failure and coronary artery disease
- helping lower high blood pressure
- improving athletic performance and high intensity exercise tolerance
- increasing immune function
- reducing muscle pains (especially in the legs caused by blocked arteries)
- improving kidney function
- improving mental capacity
- fighting dementia
- correcting impotence, erectile dysfunction and male infertility
- preventing the common cold

Improves heart health

Boosts Exercise Performance, Intensity and Recovery

Improves Immunity, Helps Prevent Infections and Speeds Up Healing

## L Carnitine

Increases endurance

Enhances weight loss

Prevents muscle damage

Promotes fat burning

Boost brain function

Regulates blood sugar

## L Lysine

May Decrease Outbreak and Frequency of Herpes

Viruses

May Help in the Treatment of Cancer

Reduces Anxiety and Other Psychological Symptoms

Increases Absorption of Calcium

Supports a Healthy Gut

Promote Wound Healing

Magnesium

every cell in your body contains it and needs it to function. It's involved in more than 600 reactions in your body, including

- Energy creation: Helps convert food into energy.
- Protein formation: Helps create new proteins from amino acids.
- Gene maintenance: Helps create and repair DNA and RNA.
- Muscle movements: Is part of the contraction and relaxation of muscles.
- Nervous system regulation: Helps regulate neurotransmitters, which send messages throughout your brain and nervous system.

Boost exercise performance

Fights depression

Help against type 2 diabetes

May lower blood pressure

Anti-inflammatory

Help prevent migraines

Reduces insulin resistance

Improves pms symptoms

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## Nad+

- Improve mental clarity.
- Boost memory.
- Improve mood.
- Facilitate brain regeneration.
- Improve concentration.
- Increase one's ability to focus.
- Boost neurological function.
- Reduce symptoms of depression
- Slows cognitive decline.
- Promotes healthy brain function.
- Fights chronic fatigue.
- Increases energy.
- Boosts metabolism.
- Regenerates cells.
- Slows aging.
- Reduces internal inflammation.
- Athletic performance
- Chronic medical conditions
- Inflammation

## Zinc

Supports Immune Function and May Help Fight Infections/Colds

Acts as powerful antioxidant

Helps balance hormones

Help Fights diabetes

Helps Maintain Heart Health by Supporting Blood Vessels

Supports fertility

Aids in nutrient absorption

Supports liver health

Helps with muscle growth and repair

Helps vision and eye health

Promote wound healing