

WHY ARE MICRONUTRIENTS IMPORTANT?

Micronutrients, also known as vitamins and minerals, are important for the body to function properly and prevent diseases. These essential nutrients prevent symptoms of fatigue, muscle weakness, brain fog, mood changes, and an increased risk of chronic diseases.

VITAMIN B-12

Bring back your energy and mood with Vitamin B-12.

B-12 is a necessary micronutrient that helps the body make the DNA necessary for red blood cell production, the genetic material in all cells, and the formation of the myelin sheath around nerves. B-12 is obtained through a regular diet of meat, fish, dairy, and fortified cereals and grains. The amount of B-12 in your body may drop due to a lack of nourishment or may be caused by underlying health conditions and diseases. Crohn's Disease, Ileal resection, tapeworm infections, atrophic gastritis, pernicious anemia, a history of gastric bypass surgery, and alcohol abuse are all risk factors for developing B12 deficiency.

Vitamin B-12 deficiency affects approximately 6% of people under the age of 60 and 20% of those over 60 years old. A deficiency of Vitamin B-12 can lead to a multitude of various serious illnesses, including many different neurological diseases. Symptoms of B-12 deficiency include:

- Heart & Circulation | Fatigue, palpitations, anemia
- Skin Conditions | Pallor, hyperpigmentation, glossitis
- Nerve & Muscle Damage | Neuropathy, ataxia, areflexia
- Mental Health | Depression, psychosis, dementia
- Infertility & Low Sperm Count

BENEFITS OF VITAMIN B-12

- Increasing energy
- Boosting memory & cognitive function
- Improve mood & symptoms of depression
- Supporting healthy heart
- Boosting fat metabolism

VITAMIN D

Boost your bone health, muscle function, and cognitive performance with Vitamin D.

Synthesized by the skin when exposed to UVB rays, vitamin D is essential for healthy bones and has been shown to reduce the risk of fracture in elderly populations. Additionally, vitamin D supplementation has been linked with improved calcium uptake and reduced risk of osteoporosis. As if that wasn't enough, some research suggests that vitamin D may also support immune system function and cognitive performance. Although further research is needed in both of these areas, the potential benefits of this essential micronutrient are certainly noteworthy. So, if you're looking for a way to optimize your health, consider adding a vitamin D supplement.

Approximately 42% of people in the U.S., and one billion people worldwide, are affected by Vitamin D deficiency. A lack of daily sunlight exposure, shortages of nutrients in your diet, genetic defects, or severe liver or kidney diseases can cause a deficiency in Vitamin D. People with darker pigmented skin are also more likely to be deficient. As we age, there is a greater risk for deficiency and the effects of missing Vitamin D. Deficiency may cause or contribute to the following symptoms:

- Low energy & fatigue
- Weakened muscles
- Aches & pain in joints or muscles
- Changes in mood & mental health

BENEFITS OF VITAMIN D

- Improved bone calcium uptake
- Reduced risk of osteoporosis
- May help improve muscle strength
- Potential immune and cognitive support
 - Soft data to support Increase severity & hospitalization in patients with COVID-19
- Vitamin D is required for bones to uptake calcium