

## Metabolic Supplements Overview

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› **Alpha-Lipoic Acid:**

- Fatty acid found naturally inside every cell in the body
- Needed by the body to produce the energy for a body's normal functions
- Converts glucose (blood sugar) into energy
- An Antioxidant, a substance that neutralizes potentially harmful chemicals called free radicals
- Able to recycle antioxidants such as vitamin C and glutathione after they have been used up
- Glutathione is an important antioxidant that helps the body eliminate potentially harmful substances

› **Methylcobalamin:**

- An active form of B12
- Make blood cells
- Maintain a healthy nervous system

› **Co-Q10:**

- Coenzyme Q10 (CoQ10) is a substance similar to a vitamin
- It is found in every cell of the body
- Your body makes CoQ10 and your cells use it to produce energy your body needs for cell growth and maintenance
- It also functions as an antioxidant, which protects the body from damage caused by harmful molecules

› **Vitamin D:**

- A fat soluble vitamin
- It can be found in small amounts in a few foods, including fatty fish such as herring, mackerel, sardines and tuna.
- To make vitamin D more available, it is added to dairy products, juices, and cereals that are then said to be “fortified with vitamin D.” But most vitamin D – 80% to 90% of what the body gets – is obtained through exposure to sunlight.

› **Pyridoxal-5 Phosphate:**

- Active form of Vitamin B6
- Lowers levels of pyridoxine (pyridoxine deficiency)
- Prevents and treats heart disease
- Prevents and treats high cholesterol
- Prevents and treats reducing blood levels of homocysteine, a chemical that might be linked to heart disease
- Prevents and treats clogged arteries stay open after a balloon procedure to unblock them (angioplasty)
- Prevents and treats morning sickness" (nausea and vomiting) in early pregnancy

› **Resveratrol:**

- Is a natural chemical compound found in grapes, red wine, red grape skins, grape juice, peanuts, mulberries, and some Chinese herbs
- As a supplement, it has been promoted as a treatment for many conditions -- including aging itself
- Animal and lab studies have shown that resveratrol has promising antiviral, anti-inflammatory, and anticancer effects

› **Folic Acid:**

- Folic acid is a water-soluble B vitamin
- Used for preventing and treating:

- › Low blood levels of folic acid (folic acid deficiency) as well as its complications including anemia
- › Ulcerative colitis
- › Liver disease
- › Alcoholism
- › Kidney disease
- › Miscarriage and “neural tube defects

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