



Summary of Nutrients/Compounds and their Role/Function

- I. **Vitamin C** → *Helps fight infections and Regenerates tissues*
- II. **Vitamin D** → *Stimulates immune cells, Important in bone tissue development*
- III. **Zinc – (mineral)** → *Helps build immune cells, Assists in wound healing*
- IV. **Ashwagandha** → *Reduces inflammation, Relieves pain, Improves brain function*
- V. **Maitake Mushroom** → *Antiviral & Immune-stimulating properties, ↓ blood sugar*
- VI. **Elderberry** → *Produces Antiviral and Anti-inflammatory cells*
- VII. **Phytonutrients-Antioxidants** → *Promotes good blood circulation, kills toxins*

**Research has shown liquid nutrition supplements are nearly 98% more absorbed in the body than traditional tablet/pill supplements.*