

# FUNCTIONALAB

BEAUTY NUTRITION

## Women's Mix

Comprehensive nutritional support for women\*

### DESCRIPTION

**A combination of antioxidants, vitamins, minerals and other important nutrients, designed specifically for women.**

### FUNCTIONS

Functionalab Women's Mix takes into consideration the challenges women may face throughout their life. It is formulated to provide a comprehensive, synergistic blend of vitamins, minerals, amino acids, and essential fatty acids specially designed to address the specific nutritional needs of women. A multivitamin is included to ensure adequate amounts and proper balance of vitamins and minerals, needed not only for maintaining good health, but also for dietary management and prevention of chronic diseases. Some vitamins (A, C, E and B complex) and minerals (calcium, magnesium and potassium) are included in high-potency amounts due to the vital role they play in antioxidant protection, energy production, and prevention of different health condition women may meet throughout their lifetime.

Studies show that a high percentage of adults in North America and other developed areas eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including the immune and gastrointestinal systems.

As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B<sub>12</sub>). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

Vitamin A (retinol) is a fat-soluble vitamin essential for vision, growth, reproduction, cell division, and the integrity of the immune system.

Vitamin D is a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy

calcium plasma levels.

It is generally accepted that obtaining enough dietary calcium throughout life can significantly decrease the risk of developing osteoporosis. Among other factors, such as regular exercise, gender and race, calcium supplementation during childhood and adolescence appears to be a prerequisite for maintaining adequate bone density later in life. But even elderly osteoporotic patients can benefit significantly from supplementation with dietary calcium.

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is also involved in maintaining normal heart function and blood pressure.

Vitamin E is one of the body's most important antioxidant nutrients. Antioxidants protect healthy cells from oxidative and free radical damage. Vitamin E is an especially valuable antioxidant in the cell membranes, where it prevents oxidation of unsaturated fatty acids by trapping free radicals. This helps stabilize and protect cell membranes, especially red blood cells and tissues sensitive to oxidation, such as the lungs, eyes, and arteries. Related to its antioxidant properties, vitamin E is important for normal immune function, and many studies show that it prevents lipid peroxidation of blood lipoproteins, such as LDL-cholesterol. Ingredients such as pepsin, pancreatin and betaine HCl can help aid in the digestion and absorption of food.

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## FORMULA (#20604-30)

### 1 Pack Contains:

Vitamin A.....	10,000	IU
Vitamin C (Ascorbic Acid).....	208	mg
Vitamin D-3.....	667	IU
Vitamin E.....	415	IU
(as d-Alpha Tocopherol and dl-Alpha-Tocopheryl Acetate Complex)		
Thiamine.....	17	mg
Riboflavin.....	6	mg
Niacin/Niacinamide.....	75	mg
Vitamin B-6 (as pyridoxine HCl).....	57	mg
Folic Acid.....	450	mcg
Vitamin B-12.....	28	mcg
Biotin.....	5	mcg
Pantothenic Acid.....	17	mg
(as Calcium Pantothenate)		
Calcium.....	565	mg
(from Calcium Citrate/Gluconate/Carbonate Lactate/Ascorbate/Microcrystalline Hydroxyapatite And Dicalcium Phosphate)		
Iron( Ferronyl® as Carbonyl Iron).....	30	mg
Phosphorus (as Dicalcium Phosphate).....	50	mg
Magnesium.....	303	mg
(as Magnesium Chelate Complex)		
Manganese (as Manganese Sulfate).....	0.1	mg
Potassium(from Potassium Gluconate).....	55	mg
Royal Jelly.....	100	mcg
Choline(from 47.5 mg Choline Bitartrate).....	23	mg
L-Lysine (from 24 mg L-Lysine HCl).....	19	mg
Inositol.....	15	mg
Glutamic Acid.....	55	mg
Lemon Bioflavonoid Complex.....	5	mg
Rutin.....	5	mg
Dessicated Liver.....	5	mg
PABA.....	40	mcg
Bone Marrow.....	30	mg
Yeast Hydrolysate.....	10	mg
Soya Bean Lecithin.....	25	mg
Wheat Germ Oil.....	5	mg
Boron (from Boron Aspartate/Citrate).....	2	mg
Eleutherococcus senticosus (root).....	100	mg
Proprietary Blend.....	10	mg
Watercress (leaf), Parsley (leaf), Sea Kelp, Rose Hips (fruit) and Alfalfa (entire plant).		
Glycine.....	100	mg
Raw Adrenal Concentrate.....	10	mg
Betaine(from 60 mg Betaine HCl).....	46	mg
Pancreatin 4X.....	75	mg
Pepsin (1:3000).....	32.5	mg
Papain.....	48	mg
Aspergillus Oryza.....	35	mg
Lipase.....	50	mg
Ox Bile Extract.....	65	mg

Rennin.....	15	mg
Malt Diastase.....	7.5	mg
Beet Root Powder.....	100	mg
Citrus Pectin.....	12.5	mg

## SUGGESTED USE

Adults take 1 pack daily with a meal or as directed.

## SIDE EFFECTS

No adverse side effects reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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**\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**