

# STA-VITAL™ 60 VEGETABLE CAPSULES

<b>Vit. A</b>	Growth, vision, healthy tissue-skin-hair, resistance to infection.
<b>Vit. D-3</b>	Bones, teeth, optimum calcium-phosphorus metabolism.
<b>Vit. E</b>	Antioxidant. Protects cell membrane and tissues. Maintains circulatory system.
<b>Vit. C</b>	Wound healing, immune system. Maintenance of healthy gums, skin, blood.
<b>Vit. B-1</b>	Necessary for proper metabolism of sugar and starch to provide energy.
<b>Vit. B-2</b>	Healthy skin. Tissue repair. Antibody and red blood cell formation.
<b>Niacinamide</b>	Healthy skin, nervous system, cell metabolism. Converts food to energy.
<b>Pantothenic Acid</b>	Helps convert proteins, carbohydrates, and fats into energy. Immune system.
<b>Vit. B-6</b>	Needed for production of red blood cells and antibodies, which fight disease.
<b>Vit. B-12</b>	Powerful blood building factor. Key nutrient for new growth.
<b>Biotin</b>	Skin, circulatory system. Metabolism of carbohydrates, proteins, fats.
<b>Folic Acid</b>	Needed for normal growth and development and red blood cell formation. Helps reduce risk of neural tube birth defects. May reduce the risk of cervical dysplasia.
<b>Calcium</b>	Bone and tooth development and maintenance. Muscle contraction, nerve transmission.
<b>Phosphorous</b>	Bone/tooth formation, muscle contraction, kidney function, nerve and muscle activity.
<b>Magnesium</b>	Helps build bones, conduct nerve impulses and contract muscles. It increases enzymatic activity essential for the production of energy.
<b>Potassium</b>	Helps regulate heart beat, lowers blood pressure, hypoglycemia.
<b>Ferrous</b>	Carries oxygen throughout the body, metabolizes most of the B vitamins. Necessary for the formation and function of red blood cells, carry oxygen through the blood stream.
<b>Zinc</b>	Helps produce testosterone, growth and development of reproductive organs, normal function of prostate gland, absorption of vitamins, especially B complex, bolster the thymus gland (fights off disease) acts as an antioxidant.
<b>Manganese</b>	Helps reproduction, sexual hormones, lactation, diabetes, eliminate fatigue, weak muscles and coordination loss.
<b>Copper</b>	Enzyme function. Hemoglobin production.
<b>Iodine</b>	Production of thyroid hormone. Regulates metabolism.
<b>Selenium</b>	Antioxidant. Helps alleviate hot flashes, aging.
<b>Chromium</b>	Helps prevent and lower high blood pressure. Helps prevent sugar cravings and sudden drops of energy. Helps in carbohydrate utilization. Involved in metabolism of glucose and synthesis of fatty acids and cholesterol. Helps bring protein to where it is needed.
<b>Choline</b>	Nerve transmission. Regulates liver and gallbladder. Cell membrane structure.
<b>Inositol</b>	Improves circulation and increases oxygen.
<b>PABA</b>	Blood cell formation, pigmentation of skin and may help restore color to gray hair.
<b>Bilberry</b>	Strengthens the capillaries and small veins surrounding the eyes. Day and night blindness, eye strain, and eye irritations.
<b>Blueberry</b>	Protect the body from oxidative stress, relieve tired eyes and prevent urinary tract infection. Richest source of antioxidant phytonutrients of all fresh fruits and vegetables.
<b>Papaya</b>	A depressant for the central nervous system, normalizes the colon.
<b>Red Raspberry</b>	Good for females as it strengthens the uterine wall during pregnancy. Eases menstrual cramps, and regulates the flow during menstruation.
<b>Strawberry</b>	Stomach cleanser and useful for bowel troubles.
<b>Cranberry</b>	Used to treat bladder and urinary tract infections.
<b>Citrus Bioflavanoids Complex</b>	To increase capillary strength and regulates absorption.
<b>Hesperdine Complex</b>	To increase capillary strength and regulates absorption. Potent antioxidants derived by citrus.
<b>Acerola</b>	Rich in protein and mineral salts principally, iron, calcium, and phosphorus and also have considerable anti-fungal activity. Rich in Vitamin C and carotenoids and can be used for Vitamin C and A deficiency.
<b>Betaine HCl</b>	Helpful for Anemia, asthma, gallstones, high homocysteine, indigestion and heart burn, rheumatoid arthritis and thyroid conditions.
<b>Bromelain</b>	Often relieves the pain and stiffness of arthritis and helps to remove the congestion that causes arthritis.
<b>Papain</b>	Aids in the digestion.
<b>Alfalfa</b>	Contains eight essential digestive enzymes and eight essential amino acids of protein. It has been used for a mild blood thinner, and a kidney cleanser. Contains natural fluorides, preventing tooth decay and helps rebuild decaying of teeth.
<b>Quercitin Dihydrate</b>	Reduce complications due to diabetes such as diabetic cataracts, neuropathy and retinopathy.
<b>Cabbage</b>	Helps speed up estrogen and metabolism by increasing enzymes that weaken cancer-promoting estrogens.
<b>Parsley Leaves</b>	Helps neutralize carcinogens in tobacco smoke. Has diuretic activity. May reduce plaque in arteries and help prevent unhealthy blood clotting. Rich source of folic acid. Good for heart and immune system. Lowers blood pressure.
<b>Rice Bran</b>	Lower cholesterol.
<b>Rose Hips</b>	Aids in the absorption of vitamin C, relieve symptoms and shortens duration of colds, flu and fevers.
<b>Watercress</b>	Regulating metabolism, increase stamina and physical endurance, purifying and enriching the blood.

**Reference: Herbs that Heal, The Little Herb Encyclopedia, The How to Herb Book**

