

STA-VITAL™ 60 VEGETABLE CAPSULES

Vit. A	Growth, vision, healthy tissue-skin-hair, resistance to infection.
Vit. D-3	Bones, teeth, optimum calcium-phosphorus metabolism.
Vit. E	Antioxidant. Protects cell membrane and tissues. Maintains circulatory system.
Vit. C	Wound healing, immune system. Maintenance of healthy gums, skin, blood.
Vit. B-1	Necessary for proper metabolism of sugar and starch to provide energy.
Vit. B-2	Healthy skin. Tissue repair. Antibody and red blood cell formation.
Niacinamide	Healthy skin, nervous system, cell metabolism. Converts food to energy.
Pantothenic Acid	Helps convert proteins, carbohydrates, and fats into energy. Immune system.
Vit. B-6	Needed for production of red blood cells and antibodies, which fight disease.
Vit. B-12	Powerful blood building factor. Key nutrient for new growth.
Biotin	Skin, circulatory system. Metabolism of carbohydrates, proteins, fats.
Folic Acid	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.
Calcium	Bone and tooth development and maintenance. Muscle contraction, nerve transmission.
Phosphorous	Bone/tooth formation, muscle contraction, kidney function, nerve and muscle activity.
Magnesium	Helps build bones, conduct nerve impulses and contract muscles. It increases enzymatic activity essential for the production of energy.
Potassium	Helps regulate heart beat, lowers blood pressure, hypoglycemia.
Ferrous	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.
Zinc	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.
Manganese	Helps reproduction, sexual hormones, lactation, diabetes, eliminate fatigue, weak muscles and coordination loss.
Copper	Enzyme function. Hemoglobin production.
Iodine	Production of thyroid hormone. Regulates metabolism.
Selenium	Antioxidant. Helps alleviate hot flashes, aging.
Chromium	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.
Choline	Nerve transmission. Regulates liver and gallbladder. Cell membrane structure.
Inositol	Improves circulation and increases oxygen.
PABA	Blood cell formation, pigmentation of skin and may help restore color to gray hair.
Bilberry	Strengthens the capillaries and small veins surrounding the eyes. Day and night blindness, eye strain, and eye irritations.
Blueberry	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.
Papaya	A depressant for the central nervous system, normalizes the colon.
Red Raspberry	Good for females as it strengthens the uterine wall during pregnancy. Eases menstrual cramps, and regulates the flow during menstruation.
Strawberry	Stomach cleanser and useful for bowel troubles.
Cranberry	Used to treat bladder and urinary tract infections.
Citrus Bioflavanoids Complex	To increase capillary strength and regulates absorption.
Hesperdine Complex	To increase capillary strength and regulates absorption. Potent antioxidants derived by citrus.
Acerola	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.
Betaine HCl	Helpful for Anemia, asthma, gallstones, high homocysteine, indigestion and heart burn, rheumatoid arthritis and thyroid conditions.
Bromelain	Often relieves the pain and stiffness of arthritis and helps to remove the congestion that causes arthritis.
Papain	Aids in the digestion.
Alfalfa	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.
Quercitin Dihydrate	Reduce complications due to diabetes such as diabetic cataracts, neuropathy and retinopathy.
Cabbage	Helps speed up estrogen and metabolism by increasing enzymes that weaken cancer-promoting estrogens.
Parsley Leaves	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.
Rice Bran	Lower cholesterol.
Rose Hips	Aids in the absorption of vitamin C, relieve symptoms and shortens duration of colds, flu and fevers.
Watercress	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

