

SUGAR FREE

VITAMIN PRODUCTS

THE SIMPSONS™

HANDY GLOSSARY

Know your nutrients.



Nutrient Name: Vitamin D
This fat-soluble vitamin aids in calcium absorption and the assimilation of phosphorus. Our bodies can produce vitamin D with exposure to sunlight.



Nutrient Name: Chromium
This essential mineral has received a lot of attention because of its role in improving glucose tolerance, thereby helping to control elevated blood sugar levels. Additional research has shown that chromium also plays a role in lowering blood cholesterol and triglyceride levels.

Nutrient Name: Thiamin
itamin B1, a substance that enable carbohydrates in the body to release energy required for cellular function known as metabolism. Deficiencies of thiamin, which is essential for carbohydrate metabolism, are especially evident in people with diabetes, Crohn's and several neurological diseases. Thiamin is essential in energy production in the brain and for normal functioning of the heart, nerve tissues and muscles.



Nutrient Name: Vitamin A
A fat-soluble vitamin that is essential for the healthy formation and the maintenance of bones, teeth, skin and other body tissues. It is best known for its positive effects on the visual and immune systems.



Nutrient Name: Niacin
The different forms of Vitamin B3 provide different benefits for the body. For example, niacin has been shown to help to lower blood lipids such as cholesterol, while niacinamide can help with blood sugar regulation.



Nutrient Name: Omega-3
Studies have shown that taking your daily dose of Omega 3 fatty acids is important for brain development. Omega 3 also has a positive effect on our learning abilities and level of attentiveness. Heart health and vision health are other notable benefits of Omega 3. Remember to make it part of your routine today.



Nutrient Name: Folate
Besides helping to control homocysteine levels with B6 and B12, folic acid has received much attention for its ability to reduce the risk of birth defects such as spina bifida or anencephaly.



Nutrient Name: Copper
This essential trace mineral is involved in many key enzymatic reactions in the body, including those that facilitate the formation of healthy bones, skin, hair and nails. It is also a vital constituent in SOD (superoxide dismutase), one of the body's most powerful antioxidants.



Nutrient Name: Vitamin E
The body's premier fat-soluble antioxidant is incorporated directly into cell membranes, where it offers protection from dangerous free radicals.



Nutrient Name: Magnesium
Some of the primary functions of magnesium are to help balance calcium in the bones, to help convert vitamin D to its active form, and to carry calcium into and out of bone cells. It is also an important catalyst in the utilization of carbohydrates, fat and protein in energy production.



Nutrient Name: Vitamin K
Supports bone health, blood coagulation and liver functioning.



Nutrient Name: Vanadium
This trace mineral improves insulin action.



Nutrient Name: Pantothenic Acid (vitamin B5)
Long hailed as the "anti-stress vitamin," pantothenic acid plays a critical role in healthy adrenal function and cellular metabolism. Pantothenic acid plays a key role in the production of vital compounds that allow our bodies to burn carbohydrates and fats as energy.

Nutrient Name: Biotin
While biotin is considered essential because of its role in the metabolism of amino acids, fats and carbohydrates, it has received more attention for its ability to promote healthy hair, skin and nails.



Nutrient Name: Riboflavin (Vitamin B2)
Riboflavin supports healthy eyes, hair, skin and nails and is involved in the regeneration of glutathione, one of the body's primary free-radical scavengers.



Nutrient Name: Zinc
One of the most prolific minerals in our bodies, zinc is involved in over 200 essential enzyme reactions. Most prominent among the many functions that rely on zinc are proper immune function, prostate gland function, skin health, carbohydrate and protein metabolism, sensory function, and male hormone production.



Nutrient Name: Vitamin B12
Essential to a healthy nervous system and proper immune function.