

# Liquivida® Drip Glossary



## Arginine

Arginine may be useful under many body conditions, including colds, high blood pressure, migraines, congestive heart failure, and even erectile dysfunction, male infertility and sexual dysfunction in women. Many people use Arginine in order to boost up the immune system and to improve the athletic performance - this amino acid is known for aiding in bodybuilding. The others use it to faster recover after surgery.

- Helps reduce blood pressure & improve blood flow
- Helps reduce risk of heart disease
- Helps reduce risk of type 2 diabetes
- Works as an antioxidant in type 2 diabetic patients
- Helps in treating diabetes
- Works to reduce fat mass & triglycerides in diabetics
- Helps increase immune response
- Helps reduce anxiety
- Helps increase stamina



## Ascorbic Acid

Ascorbic Acid boosts your immune system and helps you fight allergies, the cold and even flu-like symptoms. It also keeps your cells healthy during bacterial infections, speeding up the healing process.

- Vital for brain health
- Improves mood
- Lowers anxiety
- Helps to combat depression
- Reduces fatigue
- May slow age-related cognitive decline
- May improve thyroid activity
- Improves blood pressure
- Beneficial for blood flow
- May combat cancer & ease cancer treatment



## Calcium Gluconate

Calcium is a mineral that keeps your bones, muscles, teeth and nerves strong. It also has an important role in helping to prevent diseases like obesity and colon cancer.

- Normal functioning of enzyme & hormone secretion
- Blood vessel contraction/expansion
- Muscle contractions
- Slowing of tooth decay
- Reduction of some symptoms of PMS



## Dexpanthenol (Vitamin B5)

This vitamin enhances the regeneration of skin and increases the elasticity of hair, making you look younger and brighter.

- Anti-inflammatory
- Aids in metabolism & is needed for bodily function
- Essential for liver function
- Helps reduce stress
- Helps prevent hair loss
- Helps treat respiratory problems
- Can reduce pain in eyes
- Helps keep skin healthy





## Glutamine

Acts as a fuel source for muscles under intense pressure, preventing them from breaking down. Glutamine also gives you more stamina to finish an intense workout and recover properly.

- Fuel for gut cell growth & digestive functions
- Helps prevent & repair leaky gut
- Improves gut flow
- Supports the immune system against infections for wound healing
- Decreases side effects of chemotherapy
- Helps with surgery recovery
- Increases nitrogen in the body when it is being depleted



## Glutathione

Glutathione is the most powerful antioxidant with anti-aging properties. It is capable of preventing damage to your skin and cells, having a direct impact on the way you look and feel.

- Reduces oxidative stress
- Reduces symptoms of Parkinson's disease
- Reduces cell damage in alcoholic and nonalcoholic fatty liver disease
- Improves insulin resistance in older individuals
- Improves skin function
- May improve psoriasis
- Increases mobility for people with peripheral artery disease
- May help fight against autoimmune disease
- May reduce symptoms of arthritis



## Lysine HCl

Lysine HCl is a rare amino acid that acts as a building block for proteins, making it vital for your whole body to function properly. Lysine is not naturally made in our bodies so it needs to be supplemented.

- Acts as an anti-viral
- Helps treat herpes
- Helps form collagen
- Helps reduce anxiety
- Helps reduce diabetes complications
- Can reduce pancreas inflammation
- Improves the function of the heart
- Increases bone strength
- Increases insulin secretion and lowers blood glucose



## Magnesium Chloride

Magnesium is a mineral that your cells, nerves, muscles, bones and heart need to be healthy and strong. It also happens to improve metabolism and nutrient absorption.

- Helps increase energy
- Calms nerves & anxiety
- Helps treat insomnia & helps you fall asleep
- Helps with digestion by relieving constipation
- Relieves muscle aches & spasms
- Important for heart health
- Helps treat migraine headaches
- Regulates levels of calcium, potassium & sodium







## Niacinamide (Vitamin B3)

Also known as vitamin B3, this nutrient assists in the functioning of the digestive system, skin & nerves. It also transforms food into energy.

- Lowers LDL cholesterol. Niacin has been used since the 1950s to treat high cholesterol
- Increases HDL cholesterol
- Lowers triglycerides
- May help prevent heart disease
- May help treat type 1 diabetes
- Boosts brain function



## Proline

Proline is an essential component of collagen, and therefore is vital for proper functioning of joints and tendons. This amino acid also helps maintain and strengthen heart muscles.

- Helps heal wounds & repair skin
- Supports digestive health
- Helps prevent joint pain
- Supports the cardiovascular system
- Contributes to a healthy metabolism
- Helps fight inflammation



## Pyridoxine HCl (Vitamin B6)

One of the most common nutritional deficiencies, this vitamin helps your heart to be stronger and healthier, preventing heart diseases, high cholesterol and even kidney stones.

- Maintains healthy blood vessels
- Supports brain function
- Can improve your mood
- Helps treat anemia
- Protects eye health
- Helps treat high blood pressure
- Helps relieve symptoms of premenstrual syndrome
- Helps decrease nausea during pregnancy
- Can help prevent or reduce symptoms of rheumatoid arthritis



## Riboflavin 5-Phosphate (Vitamin B2)

B2 is a micronutrient your body easily absorbs to keep you functioning properly all day long. It plays a key role in converting fats, carbohydrates and proteins into energy.

- Mild anti-inflammatory
- Helps prevent cognitive decline
- Consumption reduces depression
- Protects the eye
- Helps prevent cardiovascular disease
- May help prevent cancer
- Helps with pregnancy
- Plays a protective role in bones
- Protects the liver
- Protects against autoimmune disorders





## Thiamine HCl (Vitamin B1)

This vitamin maintains your nerves in optimal and healthy condition. It is used to process and obtain energy from the foods you eat by turning nutrients into usable energy.

- Promotes energy production
- Protects nerves
- Helps prevent heart diseases
- Helps prevent cataracts
- Helps prevent Alzheimer's disease
- Improves memory
- Stimulates production of RBC
- Relieves effects of alcoholism
- Improves appetite



## Vitamin B12

This vitamin B12 substitute keeps red blood cells and the central nervous system running in optimal conditions, ensuring that blood transports nutrients efficiently throughout the body.

- Cell repair & maintenance
- Prevents breast cancer
- DNA formation
- Cures anemia
- Reduces cholesterol levels
- Relieves fatigue
- Helps treat Alzheimer's disease
- Helps treat sickle cell disorder

