

MULTI VITAMIN & MULTI MINERAL TABLETS



**DAILY PLANT & FRUIT
BASED**



**DAILY PLANT & FRUIT BASED
MULTI VITAMIN &
MULTI MINERAL**

For Men & Women

With Ginseng & Green Tea Extracts



60
TABLETS

MICRO NUTRIANTS & IT'S IMPORTANCE



Micronutrients are one of the major groups of nutrients your body needs.

They include vitamins and minerals.

Vitamins are necessary for energy production, immune function, blood clotting and other functions.

minerals play an important role in growth, bone health, fluid balance and several other processes.



WHY VITAMINE



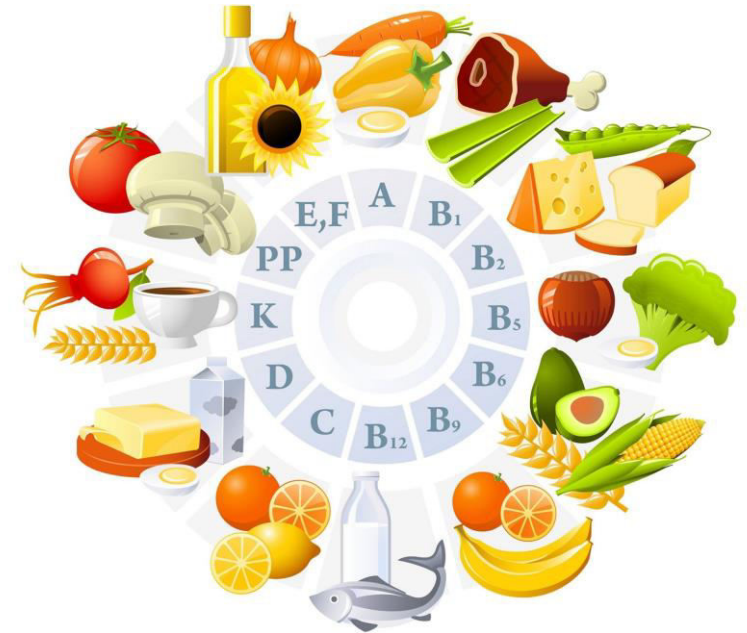
Vitamins help your body grow and work the way it should.

There are 13 essential vitamins — vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B₆, B₁₂, and folate).

Vitamins have different jobs to help keep the body working properly.

Vitamins B complex & C water Soluble

Vitamins A D E K Fat Soluble



WHY MINERALS



Minerals are needed for the proper composition of body fluids,

Including blood, and for the proper composition of tissues, bone, teeth, muscles and nerves.

Minerals also play a significant role in maintaining healthy nerve function, the regulation of muscle tone, and supporting a healthy cardiovascular system.

What are the essential trace minerals?

IRON

- Helps transfer oxygen around the body
- Essential for a healthy immune system
- Female RDA: 18mg. Male RDA: 8mg.

ZINC

- Needed for enzyme and immune function throughout the body
- Female RDA: 11mg. Male RDA: 8mg.

SELENIUM

- A powerful antioxidant that protects cells from free radical damage
- RDA: 55mcg

FLOURIDE

- Helps remineralise the surface of teeth & strengthen enamel
- Female RDA: 3.1mg. Male RDA: 8.8mg.

COPPER

- Aids the absorption of iron
- Also a component of many enzymes
- RDA: 900mcg

CHROMIUM

- Enhances insulin action and helps break down carbohydrates
- Female RDA: 25mcg. Male RDA: 35mcg.

IODINE

- Essential part of thyroid hormones which regulate metabolism & growth
- RDA: 150mcg

MANGANESE

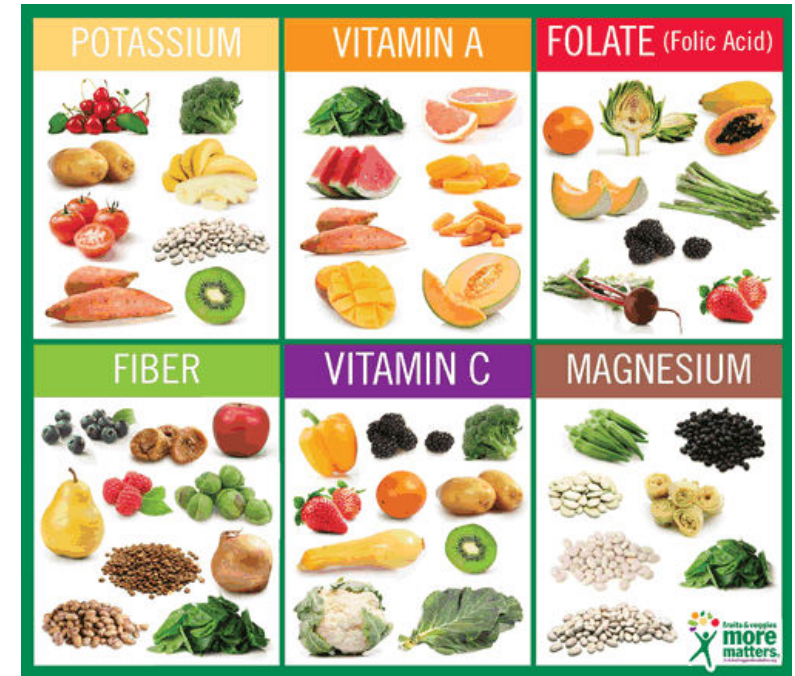
- Found in several important enzymes, e.g. those that break down carbohydrates
- Female RDA: 1.8mg. Male RDA: 2.3mg.

FRUITS & VEG SOURCE OF VITAMIN & MINERALS



Fruits and vegetables contain
many **vitamins and minerals**
that are good for your health.

These include **vitamins** A (beta-carotene), C
and E, magnesium, zinc, phosphorous, folic
acid and Vitamin B Complex..



MULTI VITAMINE & MULTI MINERAL

DAILY PLANT & FRUIT BASED
VITAMINS & MINERALS
COMBINATIONS

FOR MAN & WOMEN

INTRODUCED ...



PROVEDA PERFECT COMBINATIONS OF MULTI VITAMINS & MULTI MINERALS TABLETS



- Increases physical work capacity by countering fatigue and helping oxygen transport to tissue (for producing energy) during physical exertion
- Enhances performance in activities which require skill, coordination, concentration, learning and memory
- Replenishes vitamins and minerals (essential constituents of a balanced diet) and helps maintain good health

Nutritional Information (Approx.)

Vitamin A Acetate	2000 I.U.	100%
Vitamin B1	1.4 mg	100%
Vitamin B2	1.6 mg	100%
Vitamin B3	18 mg	100%
Vitamin B5	5 mg	100%
Vitamin B6	2 mg	100%
Vitamin B12	1 mcg	100%
Vitamin C	40 mg	100%
Vitamin D3	400 I.U.	100%
Vitamin E Acetate	10 I.U.	100%

Minerals

Magnesium Oxide	25 mg	4.43%
Zinc Sulphate	7.5 mg	22.75%
Chromium Picolinate	200 mcg	75.30%
Selenium (As Sodium Selenate)	40mcg	100%
Maganese Sulphate	40 mcg	0.29%

Natural Extracts

Ginseng	50 mg	**
Green Tea Extract	50 mg	**
Excipients	QS	

Amino Acids

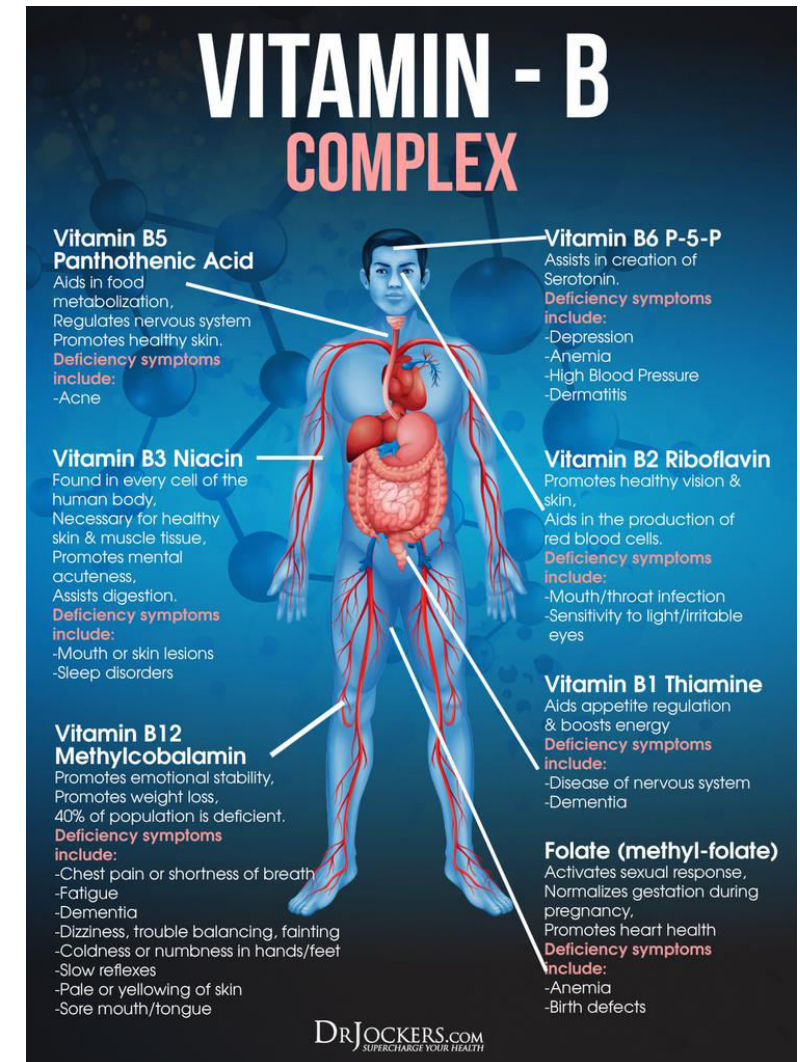
L-Glutamic Acid	100 mg	**
L-Lysine HCl	50 mg	**
L-Arginine	10 mg	**
Isoleucine	5 mg	**

Enriched with powder of fruits, Vegetables and Oats, Beet Root, Lemon, Banana, Apple, Pineapple, Strawberry, Mango, Tomato, Carrot, Papaya.

ROLE OF B COMPLEX



As the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function, and cell metabolism. Vitamin B complex helps prevent infections and helps support or promote: cell health. growth of red blood cells.



ROLE OF VTAMIN A



Vitamin A **helps form and maintain healthy teeth, skeletal and soft tissue, mucus membranes, and skin.** It is also known as retinol because it produces the pigments in the retina of the eye. Vitamin A promotes good eyesight, especially in low light.

BENEFITS OF VITAMIN



Minimises
fine lines and
wrinkles



Reverses
damage caused
by UV rays



Removes dead
skin cells



Makes skin
youthful and
radiant



Prevents
excessive oil
production



Promotes healthy
collagen and
elastin formation



Maintains healthy
dermis and epidermal
layers of the skin



Accelerates skin
cell healing

ROLE OF VITAMIN D3

Vitamin D3 offers many health benefits. It is known to help strengthen bones and muscles, boost immunity, increase mood, aid in weight loss, and improve heart function.


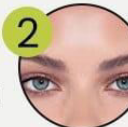





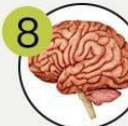






ROLE OF VITAMIN E



Vitamin E is a fat-soluble nutrient found in many foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy.

BENEFITS OF VITAMIN E

-  1 HELPS IN RESTORATION OF THE DAMAGED SKIN
-  2 GOOD FOR OUR EYES
-  3 BENEFICIAL FOR OUR HAIR
-  4 WORKS AGAINST FREE RADICALS
-  5 CHOLESTEROL BALANCER
-  6 BENEFICIAL IN REDUCING RISKS OF CANCER
-  7 HORMONES BALANCER
-  8 BENEFICIAL FOR PEOPLE SUFFERING FROM ALZHEIMER'S DISEASE
-  9 GOOD FOR MUSCULAR STRENGTH AND ENDURANCE
-  10 NEEDED FOR FETAL GROWTH AND DEVELOPMENT
-  11 BENEFICIAL IN PARKINSON'S DISEASE
-  12 CAN BE USED FOR TARDIVE DYSKINESIA

ROLE OF MAGNESSIUM



Magnesium plays many crucial roles in the body, such as **supporting muscle and nerve function and energy production**. Low magnesium levels don't cause symptoms in the short term. However, chronically low levels can increase the risk of high blood pressure, heart disease, type 2 diabetes and osteoporosis.



MAGNESIUM THE MASTER MINERAL

Fully supports:

- ✓ Blood Sugar Balance
- ✓ Optimal Circulation & Blood Pressure
- ✓ Cellular Energy Production
- ✓ A Calm Nervous System
- ✓ Pain Relief & Relaxed Muscles
- ✓ Bone Density & Calcium Balance
- ✓ Joints & Ligament Flexibility
- ✓ Deep Sleep Patterns, and More...

During The Last Forty Years, Thousands of Studies and Research Documents Have Been Published Proving That **Magnesium Is A Crucial Nutrient Supporting More Than 300 Functions In Your Body!**

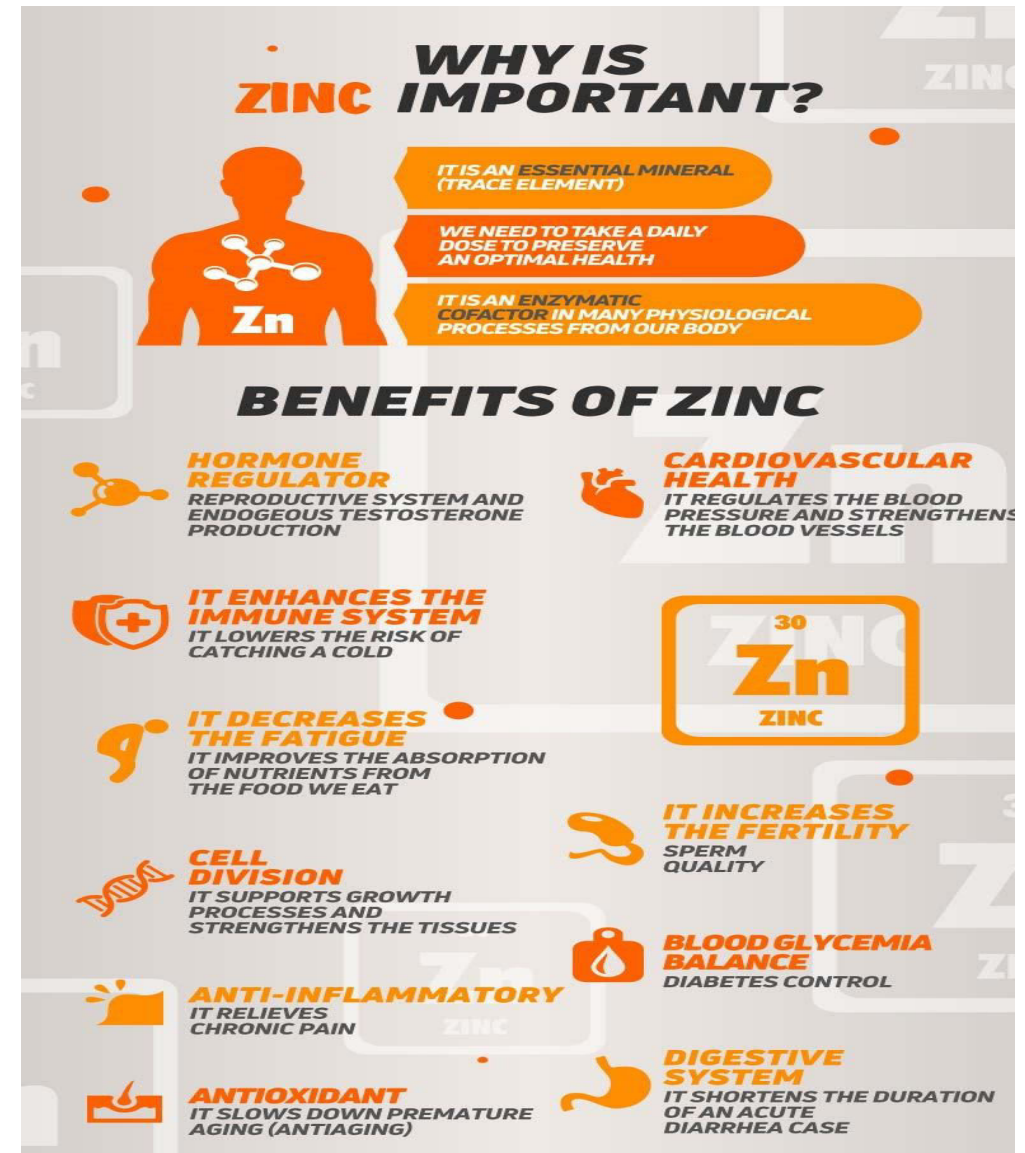
DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

ROLE OF ZINC



Zinc may significantly reduce your risk of age-related diseases, such as pneumonia, infection and age-related macular degeneration (AMD).

Zinc may relieve oxidative stress and improve immune response by boosting the activity of T-cells and natural killer cells, which help protect your body from infection



ROLE OF CHROMIUM



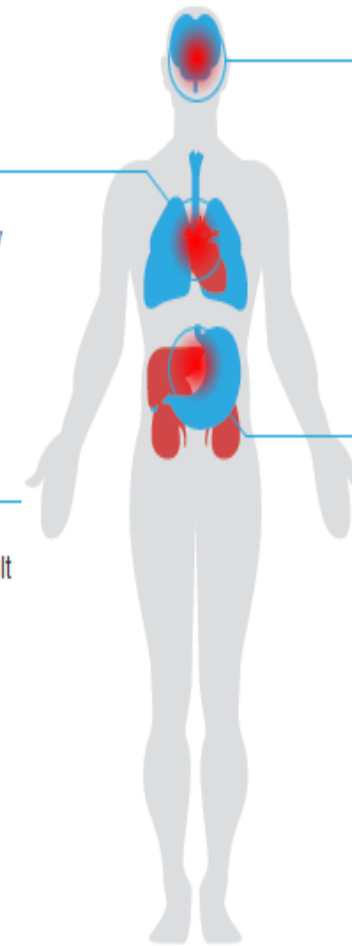
chromium supplements may be helpful for people with type 2 diabetes and insulin resistance (prediabetes). There's good evidence that chromium can lower glucose levels and improve insulin sensitivity, although not all studies have shown a benefit.

Healthy cholesterol level management

Many studies show that chromium picolinate may help to maintain a healthy cholesterol profile. The high absorption rate of chromium picolinate may play a significant role in this effect.

Heart health support

Chromium picolinate may support heart health by helping blood vessels to relax. It may also support recovery of the heart after an injury.



Neurological health support

Early studies indicate that chromium compounds such as chromium picolinate may help older people to maintain normal cognitive function.

Healthy blood sugar level management

Chromium picolinate may help to manage insulin resistance and glucose tolerance. These benefits are due to chromium's role in insulin signaling.

ROLE OF SELENIUM



Acts as a powerful antioxidant. Share on Pinterest.

May reduce your risk of certain cancers.

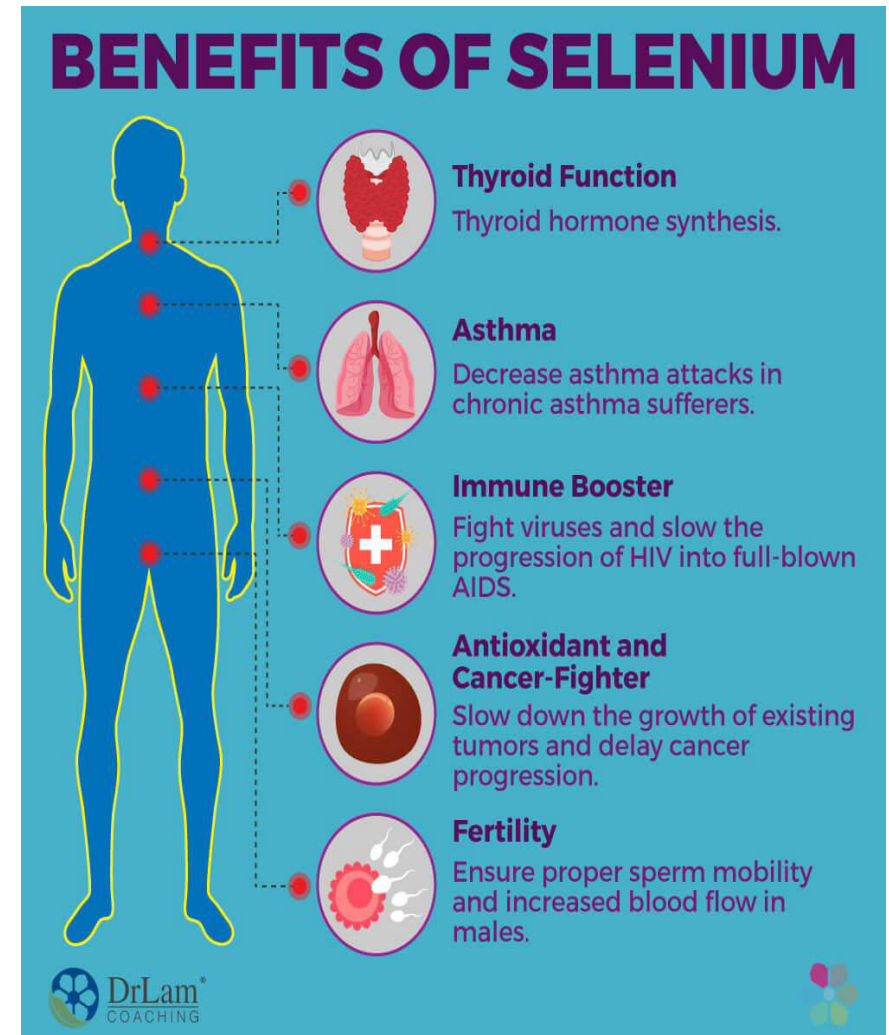
May protect against heart disease.

Helps prevent mental decline.

Is important for thyroid health. ...

Boosts your immune system. ...

May help reduce asthma symptoms.



ROLE OF MANGANESE



Manganese contributes to many bodily functions, including the metabolism of amino acids, cholesterol, glucose, and carbohydrates.

It also plays a role in bone formation, blood clotting, and reducing inflammation

Antioxidant support

Manganese has significant antioxidant activity, which can protect cells from damage by free radicals. Antioxidants can help to manage many chronic conditions, especially those related to aging.

Healthy blood sugar level management

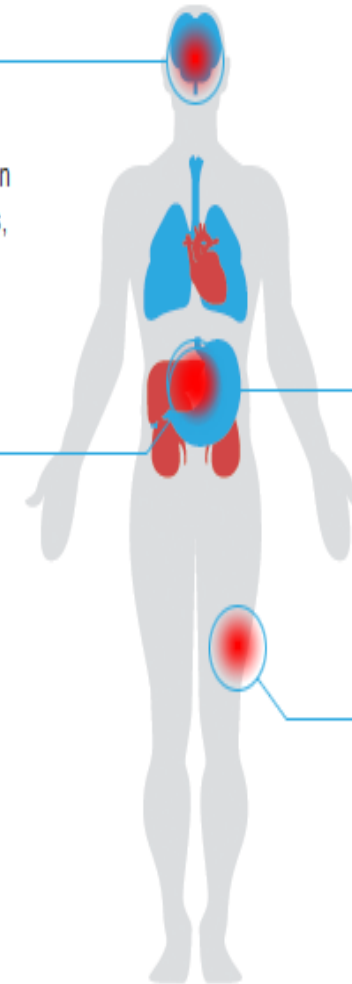
Manganese citrate may be able to help support the body's ability to maintain healthy blood sugar levels. The mechanism for this benefit is manganese's role in the synthesis and secretion of insulin.

Metabolic support

Manganese cofactors help to regulate the body's metabolism, including the digestion of amino acids and carbohydrates.

Bone health support

Manganese citrate may help to maintain normal bone density, especially in spinal bone. This benefit is most useful for post-menopausal women.



NATURAL EXTRACTS : GINSENG



- Potent Antioxidant That May Reduce Inflammation.
 - May Benefit Brain Function.
- Could Improve Erectile Dysfunction.
 - May Boost the Immune System.
- May Have Potential Benefits Against Cancer.
- May Fight Tiredness and Increase Energy Levels. Could Lower Blood Sugar.



NATURAL EXTRACTS : GREEN TEA



Many studies have shown that green tea extract can **promote weight loss, blood sugar regulation, disease prevention, and exercise recovery.**

It can also help keep your skin and liver healthy, reduce blood fat levels, regulate blood pressure, and improve brain health.

It can be consumed in capsule, liquid, or powder form.

Mental alertness

Green tea extract helps maintain mental alertness, primarily due to caffeine. This use of green tea extract is often combined L-theanine, which is also a stimulant.

Healthy Cholesterol level management

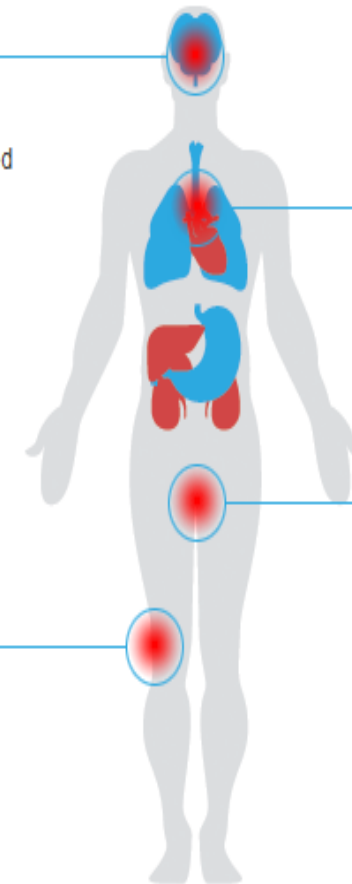
Green tea extract may help to maintain a healthy cholesterol profile, typically at dosages as high as three grams per day.

Relief from genital wart discomfort

Ointments containing green tea extract as an active ingredient are commercially available. This preparation is specifically intended for use on genital warts.

Bone health support

Current research indicates that the long-term use of green tea extract helps to support bone healthy, especially in post-menopausal women.



AMINO ACIDS : L-GLUTAMIC ACID



In humans, it is non-essential, meaning the body will synthesize it. It is also an excitatory neurotransmitter in the vertebrate nervous system, which is actually the most abundant. Glutamic acid is an amino acid that is used for protein production. It transforms into glutamate in the body.

Improves Athletic Endurance

Glutamic acid could help improve your endurance when you hit the gym by boosting the activity of the mitochondria—the part of the cell responsible for giving you major energy.

Reduces Post Workout Soreness

When you lift weights, those load-bearing exercises take a toll on your muscles. That post-workout muscle burn is called delayed onset muscle soreness (or DOMS), and while research is ongoing, scientists believe that it's caused by microscopic tears in your muscle tissue that develop when you lift weights, along with a buildup of lactic acid.

As a protein-building amino acid, glutamic acid can help relieve DOMS by rushing to the "damaged" muscle site (the muscle group you worked out) and building new, leaner, stronger muscle tissue. Take glutamine after a hard workout and you'll start to notice improvements in your muscle gains and overall strength.

Boosts Brain Function

Glutamic acid doesn't just strengthen your body; it also strengthens your mind. It's one of the most important neurotransmitters—messengers that send important information to and from your brain.

Without glutamic acid, your brain can't form memories, and low levels of glutamic acid make it difficult to learn and process new information.

Low glutamate levels are often found in Alzheimer's patients and in those with psychiatric disorders like schizophrenia and seizure disorders like epilepsy. It plays a critical role in brain development in children, and maintains optimal cognitive function.

Benefits Digestive Health

If you suffer from irritable bowel syndrome (IBS) or other digestive issues, try taking a daily L-glutamic acid supplement. Studies show it promotes healthy digestion by stimulating nutrient absorption, maintaining a healthy gut lining, and optimizing the intestinal concentration of serotonin—another critical neurotransmitter that plays a role in appetite, sleep, and feelings of calmness and well-being.

AMINO ACIDS : L LYSINE



May Protect Against and Treat Cold Sores

May Reduce Anxiety by Blocking Stress Response Receptors.

May Improve Calcium Absorption and Retention.

Can Promote Wound Healing by Helping Create Collagen.

Stress management

L-lysine may help to manage stress in women. They may also help manage anxiety in males.

Blood sugar management

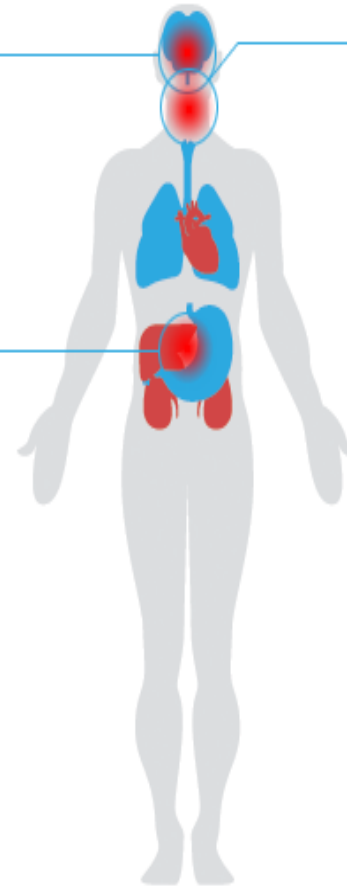
Some studies show that daily doses of L-lysine for two months can help support the body's ability to maintain a healthy blood sugar level.

Cold sore management

Studies show that oral supplements of L-lysine may help the body manage cold sores caused by the herpes simplex labialis virus. Topical creams containing L-lysine may also be used for this purpose.

Canker sore management

Early research indicates that L-lysine may help the body manage canker sores. The dosages studied for this purpose were as high as four grams of L-lysine per day.



AMINO ACIDS L – ARGENINE



growth hormone reserve test.
reducing high blood pressure.
correcting inborn errors of urea
synthesis. treating heart disease. Treating
erectile dysfunction (ED)easing
inflammation of the digestive tract in
premature infants. Controlling blood sugar
in people with diabetes.

Heart health support

L-arginine can help to support healthy heart function and circulation. Additional conditions that may be benefited by L-arginine include discomfort in the chest.

Exercise performance

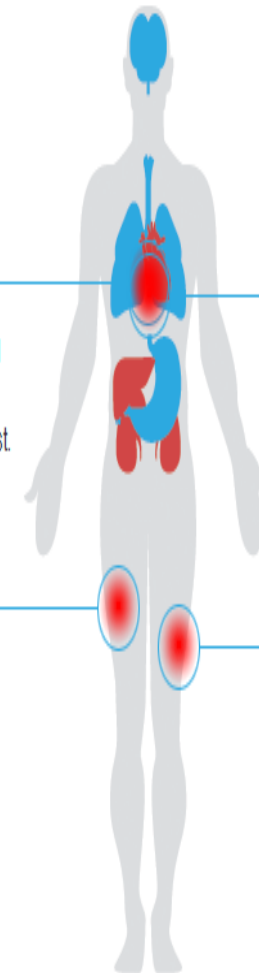
L-arginine may also increase your tolerance for exercise, especially if you frequently experience chest discomfort.

Exercise recovery

L-arginine may also help reduce the recovery from exercise. This use of L-arginine is often combined with eicosapentaenoic acid (EPA) and ribonucleic acid (RNA).

Muscle discomfort

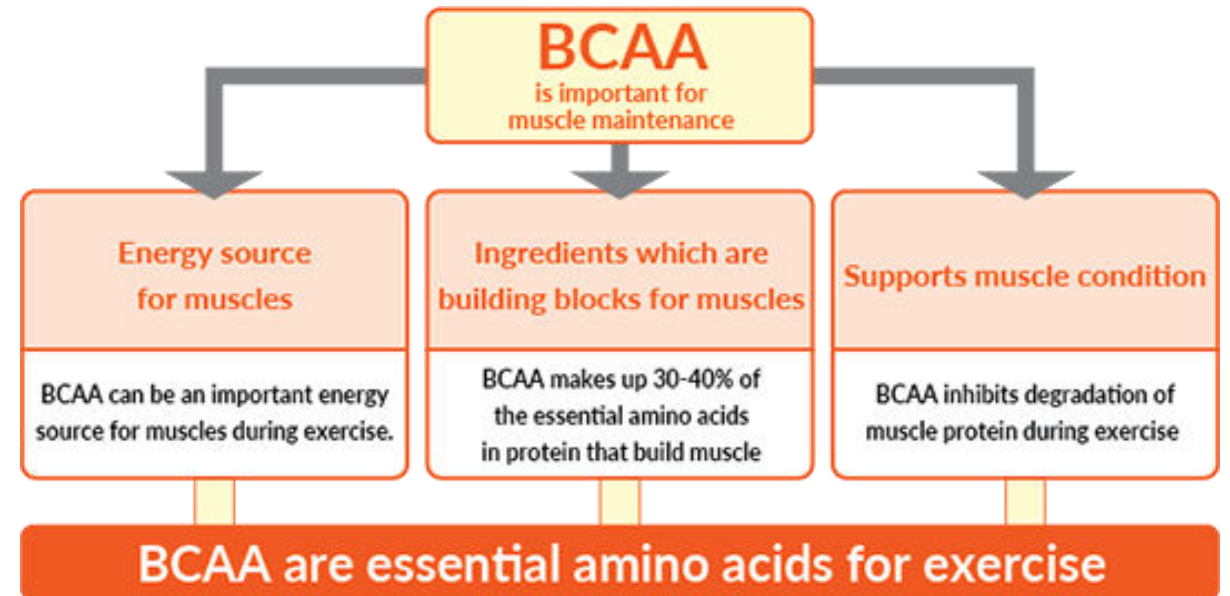
L-arginine is often taken to help relieve muscle discomfort. This regimen typically lasts for at least eight weeks.



AMINO ACIDES : ISOLEUCINE



Isoleucine, as one of the branched chain amino acids, is also critical in physiological functions of the whole body, such as **growth, immunity, protein metabolism**, fatty acid metabolism and glucose transportation. Isoleucine can improve the immune system, including immune organs, cells and reactive substances.



BENEFITS OF MULTI VITAMINS & MULTI MINERALS TABLETS



- **MVMMT is powered with stress adaptogens which increases resistance against harm from physical and emotional stress (disease, anxiety, etc.)**
- **MVMMT beat fatigue, build energy and boost performance**
 - **Vitamins are essential for growth, muscle development and nervous system strengthening**
- **Minerals strengthen bones and teeth, build red blood cells, and repair cells**
- **Ginseng, is a herbal extract, improves circulation, increases blood supply, revitalizes and aids recovery from weakness after illness, and stimulates the body**
 - **Amino acids restore muscles strengths**



MVMMT USAGE & GUIDELINES



Dosage : 1 tablet twice daily after major meals.

Recommendations :

- 1. Not recommended for below 12 years**
- 2. Not recommended for pregnant & lactating mother.**
- 3. keep this dry & cool place. Avoid direct sun lights**

