

[ARBONNE NUTRITION GLOSSARY]

- Amylase:** Breaks down simple starches.
- Arabinogalactan:** A soluble fiber, enhances the number of immune cells present in the blood.
- Beta-Carotene:** Converts to Vitamin A in the body. An effective antioxidant that helps protect cells from free radical damage.
- Beta-Glucan:** A large chain molecule with effective immune stimulating properties.
- Betaine HCl:** An acidulant to buffer calcium.
- Biotin:** Plays an important part in the utilization of carbohydrates, fats and proteins. Converts them to energy.
- Boron:** Promotes proper bone growth.
- Bromelain:** An enzyme from the pineapple that exerts anti-inflammatory activity. Also enhances the absorption of Quercetin.
- Calcium:** Maintains strong bones and healthy teeth. Integral to blood clotting and is important for proper muscle tone and function.
- Cellulase:** Breaks down fiber.
- Chromium:** Promotes growth and plays a role with insulin to maintain normal blood sugar levels.
- Coenzyme Q10:** Improves energy production within the cells. Super antioxidant.
- Copper:** Supports red blood cell production. Part of enzymes that maintain the integrity of bone and lung cells and blood vessels.
- Fisetin:** Increases the breakdown of fat while reducing fat storage. Provides antioxidant protection.
- Folate:** Essential for the formation of nucleic acids needed for the normal metabolism of certain amino acids.
- Fructooligosaccharide:** A substrate that promotes the growth of beneficial bacteria in the gastrointestinal system.
- Ginseng:** An adaptogen that has been shown to help the body resist stress by building up general vitality and stamina.
- Glucoamylase:** Breaks down complex carbohydrates.
- Glucosamine Sulfate:** A chondroprotective agent. Chondroprotective agents are compounds the body manufactures naturally to regenerate cartilage.
- Green Tea Extract:** Contains numerous natural elements that are active antioxidants which help to reduce the activity of free radicals, the compounds that derange cells and are implicated in premature aging.
- INNER G-PLEX®:** A combination of Coenzyme Q10, Alfalfa, Kelp, Korean Ginseng, Lipoic Acid and Lecithin. All ingredients known to help increase energy at the cellular level.
- Invertase:** Breaks down simple sugars.
- Iodine:** Improves mental alertness, promotes proper growth and increases energy. Found in thyroid gland hormones which control overall body metabolism.
- Iron:** Promotes energy and guards against anemia. Necessary for oxygen transport in blood and muscles.
- L-Carnitine:** A vitamin-like compound that stimulates the breakdown of fats at the cellular level.
- L-Lysine:** An essential amino acid needed for growth and maintaining nitrogen balance in the body. Helps inhibit formation of cold sores.
- Lipase:** Breaks down fats.
- Lactase:** Breaks down lactose (milk sugar).
- Lactospore®:** A trademarked microencapsulated form of Lactobacillus, protected from heat and stomach acids.
- Magnesium:** Promotes a healthy blood vessel system. Helps to maintain stable levels of calcium and phosphorus in bone. Plays a role in proper muscle contractions.
- Manganese:** Promotes absorption of Calcium for healthy bones and teeth. Involved in amino acid and energy metabolism.
- Mixed Bioflavonoids:** Stimulates production of white blood cells, may reduce inflammations associated with cold sores.
- Molybdenum:** Promotes general well being and is useful as a blood builder when combined with iron.
- Niacin:** Essential for many metabolic processes including the conversion of food to energy, fat and protein utilization and tissue respiration. Large doses cause "flushing" (dilation of blood vessels).
- Pantothenic Acid:** Essential for the release of energy from carbohydrates, utilization of proteins and fats, and the formation of hormones and other vital compounds which regulate the nervous system. May help reduce sebum secretions and the frequency of new acne eruptions.
- Pea Protein:** An easily digestible vegetarian source of protein. Contains no cholesterol or saturated fat, yet is as high in quality as animal protein.
- Potassium:** Normalizes nerve and muscle functions, assists in reducing high blood pressure.
- POC®:** Proanthocyanidins derived from Grape Seed Extract, which has shown to be a potent free radical fighter with one of the highest levels of antioxidant activity. It has been carefully extracted to preserve its effectiveness.
- Protease:** Breaks down proteins.
- Pur Actives®:** Phytonutrients are in the form of natural vegetable phytochemicals, Broccoli, Cabbage, Tomato, Carrots, Spinach, Parsley and Wheat Grass and are found to have antioxidant and protective properties. These trace minerals are felt to provide some of the same essentials that play a key role in the beneficial effects of eating fresh fruits and vegetables in our daily diet. For example, carrots provide the recognizable antioxidant Beta Carotene and other natural carotenoids and tomatoes provide lycopene a newly recognized phytochemical.
- Quercetin:** A powerful antioxidant, exerts strong anti-inflammatory activity.
- Selenium:** Promotes elasticity in tissues. Present in antioxidant enzymes which work with Vitamin E to protect cell membranes.
- Vitamin A:** Essential for the health of skin, hair and soft tissues. Necessary for the proper functioning of the immune system. Needed for the maintenance and growth of eyes, hair, teeth, nails, glands and bones.
- Vitamin B-1 (Thiamin):** Necessary for the conversion of fats and carbohydrates into energy. Necessary for muscle coordination and maintenance of nerve tissue or function.
- Vitamin B-2 (Riboflavin):** Transforms proteins, carbohydrates and fats into energy. Necessary for maintaining and building body tissues.
- Vitamin B-6 (Pyridoxine):** Necessary for metabolism of amino acids, formation of certain proteins and proper functioning of the nervous system. May help to alleviate premenstrual flare ups of acne.
- Vitamin B-12 (Cobalamin):** Necessary for the normal development of red blood cells and the healthy functioning of all cells. It plays an active role in amino acid metabolism.
- Vitamin C (Ascorbic Acid):** An antioxidant. Required for the production of collagen which gives structure to muscles, blood vessels, bones and cartilage. Aids in the absorption of iron. Helps with the healing of cold sores.
- Vitamin E:** An antioxidant which protects against free radicals. Protects body tissues from many normal metabolic processes which produce peroxidation (damaging reactions) as well as from environmental pollutants.
- Vitamin D:** Regulates calcium and phosphate absorption necessary for the development of strong bones and teeth.
- Zinc:** Promotes normal tissue renewal and skeletal development. Integral to immune function, taste ability and DNA creation. Guards against viral infections.