

## Naturopathic Essentials

### L-Glutamine

- Supports healthy gastrointestinal and immune health†
- Convenient and cost saving powder form
- Preservative and additive free

L-glutamine provides nutritive support for healthy protein synthesis. Glutamine can become a conditionally essential amino acid in certain situations including intense exercise and gastrointestinal distress. It is highly concentrated muscles and is a preferred energy source for cells of the gastrointestinal tract. L-glutamine is an important substrate for enterocyte and other rapidly proliferating immune cells. These immune benefits support a healthy immune system; including the Gut-Associated-Lymphatic-Tissues (GALT) . L-glutamine supplementation is an important part of a comprehensive gastrointestinal support strategy.†

Socialvite's L-glutamine is offered in powder form to allow for easy and convenient high potency dosing; often required for desired clinical effects.

### Supplement Facts

Serving Size 1 scoop (3 grams)  
Servings per Container Approximately 115

	Amount per Serving	% Daily Value
L-Glutamine	3 g	**

\* Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

**Recommended Dosage: 1-2 rounded teaspoons 1-4 times daily, in water, or as directed by a healthcare practitioner.**





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### Vitamin B Complex

- Active folic acid (methyltetrahydrofolic acid)
- Active B-12 (methylcobalamin)
- High potency, 90 servings per bottle

Socialvite's B-Complex contains active forms of vitamin B2 (riboflavin 5'-phosphate), vitamin B6 (pyridoxal 5'-phosphate), folic acid (folic acid and methyltetrahydrofolic acid), and vitamin B12 (methylcobalamin). B vitamins are used in the metabolism of protein and fats and convert carbohydrates into energy. B vitamins support healthy nerve cells and promote the metabolism of homocysteine. Active forms of the B vitamins are available for immediate absorption into the tissues.†

### Magnesium Chelates

- Highly bio-available forms of magnesium†
- Supports a healthy cardiovascular and musculoskeletal system†
- Relaxes muscles and the nervous system†

Magnesium is chelated to three different amino acids chosen to further support the cardiovascular, immune, and nervous systems. Glycinate provides glycine which calms the nervous system through inhibitory neurotransmitter activity and is involved in supporting glutathione production. Malate is an important Krebs cycle intermediate and support energy (ATP) production. Taurinate provides taurine which calms the nervous system by supporting GABA activity, maintains healthy cAMP levels, and supports healthy intracellular ion transportation†.

### Supplement Facts

Serving Size 1 capsule  
Servings per Container 90

	Amount per Serving	% Daily Value
Thiamin (as thiamine HCl)	100 mg	6667%*
Riboflavin (as riboflavin-5-phosphate)	10 mg	588%*
Niacin (as niacinamide)	75 mg	375%*
Vitamin B6 (as pyridoxal-5-Phosphate)	10 mg	500%*
Folate (as folic acid and methyltetrahydrofolic acid)	800 mcg	200%*
Vitamin B12 (as methylcobalamin)	400 mcg	6667%*
Biotin	400 mcg	133%*
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%*

\* Daily Values are based on a 2,000 calorie diet.

Other ingredients: Vegetable capsule, bamboo fiber, magnesium stearate.

**Dosage: 1 capsule daily or as directed by your health care practitioner.**

### Supplement Facts

Serving Size 2 capsules  
Servings per Container 45

	Amount per Serving	% Daily Value
Magnesium (as magnesium glycinate, malate and taurinate)	150 mg	38%*

\* Daily Values are based on a 2,000 calorie diet.

Other ingredients: Bamboo fiber, vegetable capsule (vegetable fiber and water).

**Dosage: Take 2 capsules, 1-3 times daily or as recommended by your healthcare practitioner.**

