



Stamina Boost

Increasing Vitality, Energy, and Endurance



Overview:

Stamina Boost is intended to promote general vitality, endurance, and physical performance. Vitamin A (as beta carotene), Vitamin C, Vitamin D3, Vitamin E, Folic Acid, Zinc Oxide, Pine Bark Extract, Maca Root Extract, Coenzyme Q10, Grape Seed Extract, and Sodium Selenite are all included in this powerful formula. Together, these components assist to encourage cardiovascular health, and strengthen the immune system

1. L-arginine:

Function: The amino acid L-arginine is crucial for the synthesis of nitric oxide, a key player in relaxing blood arteries and enhancing blood flow.

Benefits:

- This leads to improved circulation and blood flow, allowing muscles to receive more oxygen and nutrients.
- It also promotes general heart health and helps maintain appropriate blood pressure levels, supporting cardiovascular health.
- By reducing fatigue and increasing endurance, it enhances physical activity performance.



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2. L-carnitine:

Function: L-carnitine plays a vital role in transporting fatty acids into the mitochondria for energy conversion.

Benefits:

- This increased energy production, enhanced fat-to-energy conversion, and increased stamina, reducing weariness.
- It also promotes healthy weight management by assisting with fat metabolism, improving body composition and weight loss.
- Additionally, it shortens the recovery time for muscles after exercise.

3. N-Acetyl L-Cysteine:

Function: N-Acetyl L-Cysteine is a potent antioxidant that aids in the production of glutathione, the body's primary defense against oxidative damage.

Benefits:

- It increases the body's defenses against oxidative damage to cells, reducing inflammation and improving general health.
- It also promotes detoxification by aiding the body in eliminating toxins and improving liver function.
- Furthermore, it supports lung function and respiratory health by aiding in the removal of mucus from the airways, particularly during exercise.

4. Extract from Pine Bark:

Function: Proanthocyanidins, which are potent antioxidants that promote vascular health and enhance circulation, are abundant in pine bark extract.

Benefits:

- Lowers the risk of cardiovascular problems by promoting healthy circulation.
- Promotes joint health by lowering inflammation in the joints, increasing range of motion, and easing pain.
- Improves cognitive function by increasing blood flow to the brain, enhancing mental clarity and focus.

5. Extract from Maca Root:

Function: Maca Root Extract is a naturally occurring adaptogen that promotes overall energy levels and aids in the body's ability to manage stress.

Benefits:

- Boosts endurance, lessens fatigue and improves overall physical performance.
- Supports hormone balance which has been shown to enhance mood, vitality, and sexual health.
- Boosts libido: Traditionally used to increase fertility and sexual function.

6. Coenzyme Q10:

Function: Coenzyme Q10 (CoQ10) is a vital part of the electron transport chain in the mitochondria, which is necessary for the synthesis of energy.

Benefits:

- Boosts the synthesis of ATP, the primary energy unit of cells, which increases energy production and boosts endurance and vigor.
- Enhances cardiovascular health by supporting appropriate blood pressure levels and heart health.





- Offers antioxidant protection: Lowers oxidative stress, shielding cells from harm and enhancing general well-being.

7. Extract from Grape Seeds:

Function: Antioxidants included in grape seed extract, especially proanthocyanidins, promote vascular function and guard against oxidative stress.

Benefits:

- Promotes heart health by lowering blood pressure and increasing circulation, which supports cardiovascular health.
- Improves the body's natural defenses against disease and infection by boosting immunological function.
- Enhances skin health by preventing UV ray damage to the skin and encouraging the creation of collagen, which increases skin elasticity.

8. Beta-carotene, or Vitamin A:

Function: Beta-carotene serves as a precursor for vitamin A, which has been attributed to many necessary functions, including maintaining healthy skin, a robust immune system, and better vision.

Benefits:

- Promotes eye health by shielding against age-related eye disorders and preserving good vision.
- Promotes general immune health and strengthens the body's defenses against infections.
- Enhances skin health by preventing environmental damage and promoting the growth of healthy skin cells.

9. Vitamin C:

Function: Rich in antioxidants, vitamin C promotes healthy skin, collagen formation, and the immune system.

Benefits:

- Improves immunological function by fortifying the defenses against disease and infection.
- Encourages the manufacture of collagen: This process supports the health of connective tissues, joints, and skin.
- Offers antioxidant defense: Disarms free radicals to save cells from oxidative damage.

10. Vitamin D3:

Function: Immune system performance, bone health, and calcium absorption all depend on vitamin D3.

Benefits:

- Preserves healthy bones and lowers the incidence of fractures by promoting calcium absorption.
- Boosts the body's defenses against infections and inflammation, improving immunological function.
- Enhances mental wellness and elevates mood.

11. Vitamin E:

Function: As a fat-soluble antioxidant, vitamin E guards against oxidative damage to cell membranes.

Benefits:

- Prevents damage from free radicals to cells, improving general health.
- Promotes skin health by improving skin suppleness and moisture, resulting in smoother and healthier skin.
- Supports cardiovascular health and helps manage cholesterol levels.





12. Folic Acid:

Function: This is a B vitamin required for DNA synthesis, cell division, and the synthesis of red blood cells.

Benefits:

- Promotes heart health and lowers the chance of heart disease by reducing homocysteine levels.
- Encourages healthy cell function, which is necessary for the generation of red blood cells that are in good condition and the avoidance of anemia.
- It is vital for the growth of the fetus and the general state of reproductive health.

13. Zinc Oxide:

Function: Zinc is a trace mineral that promotes protein synthesis, wound healing, and immunological function.

Benefits:

- Boosts immune function: Promotes general immune health and strengthens the body's defense against infections.
- Promotes wound healing: This is necessary for both skin regeneration and appropriate wound healing.
- Promotes reproductive health: Crucial for preserving normal testosterone levels and sexual function.

14. Sodium Selenite:

Function: Sodium selenite is a kind of selenium, a trace mineral that is essential for thyroid and antioxidant defense.

Benefits:

- Offers antioxidant defense: Assists the body's defense mechanisms against oxidative stress to shield cells from harm.
- Promotes healthy thyroid function and is necessary for the synthesis of thyroid hormones, which control energy production and metabolism.
- Boosts the immune system and aids in the body's defense against infections and inflammation.

Precautions:

It is advised that before taking any supplement, consult a healthcare provider.

References:

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