

## **Lipovingual/Lipovingual Blast Information sheet**

**DL-Methionine** supports the cardiovascular system and is a lipotropic, which support the liver and aid in detoxification. It aids in the production of glutathione which further helps support the liver. Methionine is necessary in the body's natural production of creatine which supports the muscles and heart. In addition, it supports the digestive system, kidneys, urinary tract, and contributes to healthy hair.†

**Inositol** may help promote a calm feeling of overall well-being. It may help support the lungs and sexual health. Inositol may also help maintain healthy glucose levels in already healthy individuals when taken in conjunction with a healthy diet and exercise.†

**Choline bitartrate** is most commonly used to help boost athletic endurance and help with muscle recovery. It supports liver and heart health and may assist in maintaining healthy weight when taken in conjunction with a healthy diet and exercise. Choline bitartrate may help support memory and the brain. It may also act as an anti-inflammatory and antioxidant.†

**Thiamine HCl** supports healthy metabolic function. It also supports the eyes, kidneys, nervous system, and brain. Thiamine HCl aids memory and cognition and helps promote recovery after strenuous exercise.†

**Cyanocobalamin Vitamin B12** supports healthy nerve function, provides energy, and maintains healthy metabolic function. It is heart-healthy and helps support cardiovascular function. †

**Niacinamide** may support heart and cardiovascular health. It has anti-inflammatory properties and may help support the joints. Niacinamide may promote healthy skin, contribute to healthy mood, and assist in aiding healthy sleep.†

**Pyridoxine HCl** may support heart function, promote brain health, fortify the joints, and help aid healthy sleep.†

**Riboflavin (vitamin B2)** works to support the eyes, cardiovascular function, and healthy mood. It supports healthy metabolic function and helps provide energy for the body.†

**Calcium Pantothenate** helps support heart and cardiovascular function, provides energy, and fortifies the joints. It also supports healthy brain function and promotes healthy mood.†

**L-carnitine** is commonly used by bodybuilders as part of a preworkout regimen to help boost energy and aid exercise recovery. It helps support heart health and brain function and may aid in maintaining healthy glucose levels and weight in already healthy individuals when taken in conjunction with a healthy diet and exercise.†

**Chromium** is a mineral. It is called an "essential trace element" because very small amounts of chromium are necessary for human health. Chromium is taken for improving blood sugar control in people with prediabetes, type 1 and type 2 diabetes, and high blood sugar.†

**L-citrulline** powder is most well-known for supporting athletic endurance. It supports the cardiovascular system and heart health and may help fortify the immune system. L-Citrulline may also contribute to sexual health and aid libido.†

**GABA** supplementation may help improve mental focus and support healthy mood. It may support the brain and help with stress and sleep. GABA may also support the nervous system and promote healthy skin.†

**Ascorbic acid (Vitamin C)** is an essential vitamin and is well known for working well with other enzymes and solutions. It assists the body in building new tissue and help fortify the immune system. Ascorbic acid helps strengthen collagen, in synthesizing carnitine, and to support a healthy metabolism. It also helps fortify the teeth and bones. Vitamin C is known for its antioxidant properties, and it may support cardiovascular health.†

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.