



Nutrition you can feel!



# Nutrient Guide

A Comprehensive List of  
All Active Ingredients





# 37 Superfoods+ Nutrient Guide

	Ingredients	System/Organ Affected	Vitamins	Minerals & Other Essential Nutrients	Photo
1.	Acerola Dry Extract	<ul style="list-style-type: none"> <li>• Circulatory System</li> <li>• Eyes</li> <li>• Heart</li> <li>• Immune System</li> <li>• Skin</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Copper</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Selenium</li> <li>• Zinc</li> </ul>	
2.	Alfalfa Leaf	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Immune System</li> <li>• Urinary Tract</li> <li>• Liver</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
3.	Aloe Vera, Organic	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Digestive System</li> <li>• Hair</li> <li>• Immune System</li> <li>• Skin</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Vitamin B12</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Folic Acid</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Chromium</li> <li>• Copper</li> <li>• Magnesium</li> <li>• Manganese</li> <li>• Potassium</li> <li>• Selenium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
4.	Apple Pectin	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Heart</li> <li>• Lowers Cholesterol</li> </ul>		Fiber	

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5.	<b>Beet, Organic</b>	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Eyes</li> <li>• Heart</li> <li>• Immune System</li> <li>• Liver</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
6.	<b>Black Cherry Extract, Organic</b>	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Heart</li> <li>• Helps sleep/wake cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Copper</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Selenium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
7.	<b>Blueberry Extract</b>	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Antioxidant</li> <li>• Cognition</li> <li>• Eyes</li> <li>• Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Copper</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Manganese</li> <li>• Potassium</li> <li>• Resveratrol</li> <li>• Zinc</li> </ul>	

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8. Wild Blueberry	<ul style="list-style-type: none"> <li>• Anti-inflammatory</li> <li>• Antioxidant</li> <li>• Cognition</li> <li>• Eyes</li> <li>• Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Copper</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Manganese</li> <li>• Potassium</li> <li>• Resveratrol</li> <li>• Zinc</li> </ul>	
9. Broccoli	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Brain</li> <li>• Digestive System</li> <li>• Eyes</li> <li>• Heart</li> <li>• Liver</li> <li>• Skin</li> <li>• Stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
10. Carrot, Organic	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Eyes</li> <li>• Heart</li> <li>• Immune System</li> <li>• Oral Health</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
11. Cauliflower	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Brain</li> <li>• Digestive System</li> <li>• Eyes</li> <li>• Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Folate, DFE</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	

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12.	<b>Chlorella (Algae)</b>	<ul style="list-style-type: none"> <li>Digestive System</li> <li>Eyes</li> <li>Fights LDL Cholesterol</li> <li>Liver</li> <li>Immune System</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> </ul>	<ul style="list-style-type: none"> <li>Iron</li> <li>Magnesium</li> <li>Protein</li> <li>Zinc</li> </ul>	
13.	<b>Cranberry Powder</b>	<ul style="list-style-type: none"> <li>Anti-Inflammatory</li> <li>Digestive System</li> <li>Heart</li> <li>Urinary Tract</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A</li> <li>Thiamin (B1)</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> <li>Vitamin B6</li> <li>Vitamin C</li> <li>Vitamin E</li> <li>Folate, DFE</li> <li>Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Iron</li> <li>Magnesium</li> <li>Phosphorus</li> <li>Potassium</li> <li>Sodium</li> <li>Zinc</li> </ul>	
14.	<b>Grape Concentrate</b>	Cell Health	Vitamin C	<ul style="list-style-type: none"> <li>Potassium</li> <li>Sodium</li> </ul>	
15.	<b>Grape Seed Extract</b>	<ul style="list-style-type: none"> <li>Anti-Inflammatory</li> <li>Antioxidant</li> <li>Bones</li> <li>Brain</li> <li>Cardiovascular Health</li> <li>Oral</li> <li>Skin</li> </ul>	Vitamin E	<ul style="list-style-type: none"> <li>Calcium</li> <li>Copper</li> <li>Iron</li> <li>Magnesium</li> <li>Phosphorus</li> <li>Potassium</li> <li>Zinc</li> </ul>	
16.	<b>Green Tea Extract (Decaf)</b>	<ul style="list-style-type: none"> <li>Anti-Inflammatory</li> <li>Antioxidant</li> <li>Brain</li> <li>Heart</li> <li>Liver</li> <li>Skin</li> </ul>			
17.	<b>Inulin, Organic (Fiber)</b>	Digestive System		Prebiotic Fiber	

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18.	Kelp (Seaweed)	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Blood Sugar</li> <li>• Bones</li> <li>• Digestive System</li> <li>• Immune System</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Folate, DFE</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
19.	Milk Thistle Seed Extract	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Antioxidant</li> <li>• Liver</li> </ul>			
20.	Parsley, Organic	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Digestive System</li> <li>• Immune System</li> <li>• Kidneys</li> <li>• Liver</li> <li>• Skin</li> </ul>	<ul style="list-style-type: none"> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
21.	Pomegranate	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Bones</li> <li>• Digestive System</li> <li>• Eyes</li> <li>• Heart</li> <li>• Skin</li> </ul>	<ul style="list-style-type: none"> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Folate, DFE</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
22.	Prune Powder	<ul style="list-style-type: none"> <li>• Bones</li> <li>• Digestive System</li> <li>• Eyes</li> <li>• Hair</li> <li>• Heart</li> <li>• Skin</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Vitamin B6</li> <li>• Vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Fiber</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Potassium</li> </ul>	

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23.	<b>Quercetin Powder</b>	<ul style="list-style-type: none"> <li>Anti-Inflammatory</li> <li>Antioxidant</li> <li>Endurance</li> <li>Heart</li> <li>Immune System</li> <li>Skin</li> </ul>			
24.	<b>Raspberry Concentrate</b>	<ul style="list-style-type: none"> <li>Bones</li> <li>Circulatory System</li> <li>Digestive System</li> <li>Heart</li> </ul>	Vitamin C	<ul style="list-style-type: none"> <li>Calcium</li> <li>Sodium</li> </ul>	
25.	<b>Raspberry Seed Extract Powder</b>	<ul style="list-style-type: none"> <li>Antioxidant</li> <li>Eyes</li> <li>Immune System</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A</li> <li>Thiamin (B1)</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> <li>Vitamin B6</li> <li>Folate (B9)</li> <li>Vitamin C</li> <li>Vitamin E</li> <li>Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Copper</li> <li>Iron</li> <li>Magnesium</li> <li>Manganese</li> <li>Phosphorus</li> <li>Potassium</li> <li>Selenium</li> <li>Zinc</li> </ul>	
26.	<b>Resveratrol Red Wine Extract</b>	<ul style="list-style-type: none"> <li>Anti-Inflammatory</li> <li>Antioxidant</li> <li>Heart</li> </ul>			
27.	<b>Spinach, Organic</b>	<ul style="list-style-type: none"> <li>Boosts Metabolism</li> <li>Brain</li> <li>Cardiovascular System</li> <li>Eyes</li> <li>Liver</li> <li>Strengthens Muscles</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A</li> <li>Thiamin (B1)</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> <li>Vitamin B6</li> <li>Folate (B9)</li> <li>Vitamin C</li> <li>Vitamin E</li> <li>Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Iron</li> <li>Magnesium</li> <li>Phosphorus</li> <li>Potassium</li> <li>Sodium</li> <li>Zinc</li> </ul>	

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28.	Spirulina (Algae)	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Heart</li> <li>• Immune System</li> <li>• Kidneys</li> <li>• Liver</li> </ul>	<ul style="list-style-type: none"> <li>• Thiamin (B1)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Vitamin B12</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Potassium</li> <li>• Protein</li> <li>• Zinc</li> </ul>	
29.	Strawberry Powder	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Bones</li> <li>• Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Iron</li> <li>• Magnesium</li> <li>• Manganese</li> <li>• Potassium</li> </ul>	
30.	Tart Cherry Powder	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Brain</li> <li>• Heart</li> <li>• Immune System</li> <li>• Stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Folate (B9)</li> <li>• Vitamin C</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Copper</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Manganese</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Zinc</li> </ul>	
31.	Vanilla Bean Extract, Organic	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Heart</li> <li>• Immune System</li> <li>• Lowers Cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Copper</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Manganese</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
32.	Amaranth, Gluten Free	<ul style="list-style-type: none"> <li>• Bones</li> <li>• Cholesterol</li> <li>• Diabetes</li> <li>• Digestive System</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Vitamin C</li> <li>• Folate, DFE</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	

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33.	Buckwheat, Gluten Free	<ul style="list-style-type: none"> <li>Digestive System</li> <li>Heart</li> <li>Liver</li> <li>Skin</li> </ul>	<ul style="list-style-type: none"> <li>Thiamin (B1)</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> <li>Vitamin B6</li> <li>Folate, DFE</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Iron</li> <li>Magnesium</li> <li>Phosphorus</li> <li>Potassium</li> <li>Sodium</li> <li>Zinc</li> </ul>	
34.	Chia, Gluten Free	<ul style="list-style-type: none"> <li>Bone</li> <li>Circulatory System</li> <li>Heart</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A</li> <li>Thiamin (B1)</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> <li>Vitamin C</li> <li>Vitamin E</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Iron</li> <li>Magnesium</li> <li>Phosphorus</li> <li>Potassium</li> <li>Sodium</li> <li>Zinc</li> </ul>	
35.	Flax Seed, De-Oiled	<ul style="list-style-type: none"> <li>Anti-Inflammatory</li> <li>Antioxidant</li> <li>Digestive System</li> <li>Hair</li> <li>Heart</li> <li>Immune System</li> <li>Skin</li> </ul>	<ul style="list-style-type: none"> <li>Thiamin (B1)</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> <li>Vitamin B6</li> <li>Vitamin E</li> <li>Folate, DFE</li> <li>Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Copper</li> <li>Iron</li> <li>Magnesium</li> <li>Manganese</li> <li>Phosphorus</li> <li>Potassium</li> <li>Zinc</li> </ul>	
36.	Millet, Gluten Free	<ul style="list-style-type: none"> <li>Asthma</li> <li>Digestive System</li> <li>Heart</li> </ul>	<ul style="list-style-type: none"> <li>Thiamin (B1)</li> <li>Riboflavin (B2)</li> <li>Niacin (B3)</li> <li>Vitamin B6</li> <li>Vitamin E</li> <li>Folate, DFE</li> <li>Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Iron</li> <li>Magnesium</li> <li>Phosphorus</li> <li>Potassium</li> <li>Sodium</li> <li>Zinc</li> </ul>	

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	Ingredients	System/Organ Affected	Vitamins	Minerals & Other Essential Nutrients	Photo
37.	Quinoa, Gluten Free	<ul style="list-style-type: none"> <li>• Anti-Inflammatory</li> <li>• Antioxidant</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Thiamin (B1)</li> <li>• Riboflavin (B2)</li> <li>• Niacin (B3)</li> <li>• Vitamin B6</li> <li>• Vitamin E</li> <li>• Folate, DFE</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Fiber</li> <li>• Iron</li> <li>• Magnesium</li> <li>• Manganese</li> <li>• Phosphorus</li> <li>• Potassium</li> <li>• Protein</li> <li>• Sodium</li> <li>• Zinc</li> </ul>	
38.	Stevia Leaf 100% Pure	<ul style="list-style-type: none"> <li>• Controls Blood Pressure</li> <li>• Controls Diabetes</li> <li>• Skin</li> <li>• Oral Health</li> </ul>			
39.	Amylase (Enzyme)	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Immune System</li> </ul>			
40.	Cellulase (Enzyme)	Digestive System			
41.	Lactase (Enzyme)	Digestive System			
42.	Lipase (Enzyme)	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Immune System</li> <li>• Pancreas</li> </ul>			
43.	Protease (Enzyme)	<ul style="list-style-type: none"> <li>• Colon</li> <li>• Digestive System</li> <li>• Immune System</li> </ul>			
44.	Bifidobacterium longum (Probiotic)	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Immune System</li> </ul>			
45.	Lactobacillus acidophilus (Probiotic)	<ul style="list-style-type: none"> <li>• Digestive System</li> <li>• Immune System</li> </ul>			

Source: USDA Nutrient Data Laboratory; nutrition.gov; Medline Plus  
The information contained herein is not intended to be a diagnosis or treatment of a health problem nor as a substitute for consulting a licensed healthcare professional.



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46.	Lactobacillus casei (Probiotic)	<ul style="list-style-type: none"><li>Digestive System</li><li>Nutrient Absorption</li></ul>			
47.	Lactobacillus rhamnosus (Probiotic)	<ul style="list-style-type: none"><li>Digestive System</li><li>Immune System</li></ul>			

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