

Therapeutic Summary of the Nutrients in SupraCaps

18 Vitamins, 12 Minerals, 12 Fruit & Herb Extracts, CoQ10, Alpha-Lipoic Acid, Lutein, Lycopene

VITAMINS

Vitamin A: acne; cancer (breast, lung); cataracts; immune function; psoriasis.

Beta-Carotene: cancer (breast, colorectal, gastric, ovarian, prostate); macular degeneration.

Vitamin C: allergies; asthma; cancer (gastric); cataracts; common cold; coronary heart disease; high blood pressure; immune function; infection; macular degeneration; memory loss; osteoarthritis; osteoporosis; ulcers; wound healing.

Vitamin D: cancer; multiple sclerosis; osteoporosis.

Vitamin E: angina pectoris; asthma; cancer (bladder, gastric, prostate); cataracts; coronary heart disease; immune function; infertility (male); macular degeneration; memory loss; neuropathy; osteoarthritis; Parkinson's disease; poor circulation; premenstrual syndrome; retinopathy; rheumatoid arthritis; stroke (ischemic).

Vitamin K: osteoporosis.

Vitamin B1 (Thiamin): alcoholism; cataracts; memory loss.

Vitamin B2 (Riboflavin): cataracts; headache (migraine).

Vitamin B3 (Niacin/Niacinamide): cataracts; coronary heart disease (niacin); diabetes (niacinamide); high cholesterol (niacin); high triglycerides (niacin); memory loss; osteoarthritis (niacinamide); poor circulation (especially inositol hexanicotinate).

Vitamin B5 (Pantothenic Acid): high cholesterol (pantethine); rheumatoid arthritis.

Vitamin B6 (Pyridoxine): asthma; cancer (lung); carpal tunnel syndrome; coronary heart disease; high homocysteine; kidney stones; morning sickness; premenstrual syndrome.

Vitamin B12: cancer; chronic fatigue syndrome; coronary heart disease; high homocysteine; HIV/AIDS; infertility (male); memory loss.

Biotin: diabetes.

Folate (Folic Acid): cancer (breast, cervical, colorectal, pancreatic); coronary heart disease; depression; high homocysteine; infertility (male); memory loss; ulcerative colitis.

Choline: asthma; coronary heart disease; liver support (hepatitis B, C); memory loss; Parkinson's disease; stroke.

Inositol: anxiety; depression; panic disorder.

PABA: Peyronie's disease; scleroderma; vitiligo.

MINERALS

Boron: osteoarthritis; osteoporosis.

Calcium: cancer (colorectal); high blood pressure; high cholesterol; osteoporosis; premenstrual syndrome; obesity.

Chromium: coronary heart disease; diabetes; high cholesterol; low blood sugar; obesity.

Copper: immune function; osteoarthritis.

Iodine: fibrocystic breasts.

Magnesium: asthma; cardiac arrhythmias; chronic fatigue syndrome; constipation; coronary heart disease; diabetes; fibromyalgia; headache (cluster, migraine); high blood pressure; high cholesterol; kidney stones; mitral valve prolapse; multiple sclerosis; osteoporosis; premenstrual

syndrome; stroke.

Manganese: osteoarthritis; osteoporosis; premenstrual syndrome.

Molybdenum: asthma (may help people who react to sulfite preservatives in food).

Potassium: high blood pressure; stroke.

Selenium: cancer (prostate); coronary heart disease; HIV/AIDS; immune function; osteoarthritis.

Vanadium: diabetes.

Zinc: acne; common cold; immune function; infertility (male); macular degeneration; memory loss; prostate problems; rheumatoid arthritis; ulcers; wound healing.

OTHER NUTRIENTS

Alpha-Lipoic Acid: coronary heart disease; diabetes (insulin sensitivity and neuropathy); liver support; memory loss.

Bilberry: cancer; bruising; cataracts; coronary heart disease; retinopathy; ulcers; varicose veins; wound healing.

Bioflavonoids: bruising; cancer; hemorrhoids; high cholesterol; inflammation; ulcers.

CoQ10: angina pectoris; cancer (breast); cardiomyopathy; congestive heart failure; diabetes; gum disease; headache (migraine); high blood pressure; high cholesterol; HIV/AIDS; infertility (male); mitral valve prolapse; Parkinson's disease.

Ginger: coronary heart disease; headache (migraine); high cholesterol; inflammation; morning sickness; motion sickness; nausea; osteoarthritis; rheumatoid arthritis; vertigo.

Ginkgo: coronary heart disease; glaucoma; inflammation; macular degeneration; memory loss; poor circulation; premenstrual syndrome; Raynaud's disease; retinopathy; tinnitus; vertigo.

Grape Seed: bruising; cancer; coronary heart disease; liver support; inflammation; retinopathy; varicose veins.

Grape Skin: bruising; coronary heart disease.

Green Tea: cancer (bladder, breast, gastric, ovarian); coronary heart disease; gum disease (as tea); high cholesterol; high triglycerides; inflammation; obesity; Parkinson's disease.

Lutein: cancer (breast, colorectal, lung); cataracts; macular degeneration.

Lycopene: asthma; cancer (breast, lung, ovarian, prostate); coronary heart disease.

Milk Thistle: inflammation; liver support (hepatitis B, C); psoriasis.

Pomegranate: cancer (breast, colon, prostate); coronary heart disease; high blood pressure; inflammation; osteoarthritis.

Quercetin: allergies; bruising; cancer (many kinds); cataracts; coronary heart disease; diabetes (neuropathy, retinopathy); inflammation; prostatitis.

Resveratrol: cancer; coronary heart disease; herpes; immune function.

Turmeric: cancer (colorectal); cataracts; coronary heart disease; HIV/AIDS; inflammation; rheumatoid arthritis; wound healing.