

Digital Nutrition

Digital Nutrition	Category	Substance
Mixtures 1		
Brain	Body	Vitamin B1, Coenzyme Q10, Vitamin B2, Vitamin B6, Magnesium, Potassium, Sulfur, Cobalt, Zinc, Glycine, Phenylalanine
Hair	Body	Vitamin B12, Vitamin B2, Vitamin B5, Biotin, Vitamin B9, Inositol, Iron, Manganese, Zinc, Copper, Molybdenum, Vitamin B10, Cysteine, Silicon Dioxide, Selenium
Skin	Body	Coenzyme Q10, Selenium, Silicon dioxide, Vitamin A, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B10, Vitamin D, Potassium, Sulfur, Zinc, Copper, Cysteine, Threonine, Chromium, Cobalt, Silicon, Vitamin B9
Heart	Body	Coenzyme Q10, Potassium, Sodium, Chlorine, Calcium, Phosphorus, Magnesium, Molybdenum
Head	Body	Chlorine, Iron, Vitamin B1, Vitamin B10, Vitamin B12, Vitamin B5, Vitamin B2, Vitamin B6, Coenzyme Q10, Sulfur
Gastrointestinal System	Body	Magnesium, Molybdenum, Vitamin B1, Copper, Potassium
Muscles	Body	Phosphorus, Sodium, Carnitine, Calcium, Iron, IsoLeucine, Glycine, Chromium, Silicon Dioxide, Chlorine, Vitamin B5, Magnesium
Nails	Body	Iron, Cysteine, Selenium, Vitamin B2, Zinc
Nerves	Body	Vitamin B1, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin B3, IsoLeucine, Tryptophan, Molybdenum, Alanine, Liothyronic
Kidney	Body	Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Vitamin C, Vitamin D, Calcium, Iron, Zinc, Copper, Taurine, Selenium, Histidine, Phosphorus, Magnesium, Carnitine, Taurine, Aspartic Acid, Sodium, Chloride, Potassium, Glutathione
Ears	Body	Manganese, Potassium, Zinc, Vitamin E, Vitamin B3
Thyroid	Body	Iodine, Chromium, Selenium, Phenylalanine

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Mixtures 2		
Age	Metabolism	Vitamin A, Vitamin B1, Vitamin B6, Vitamin B8, Vitamin B10, Vitamin B9, Vitamin B12, Vitamin B13, Vitamin C, Vitamin K, Vitamin D, Coenzyme Q10, Tryptophan, Tyrosine, Citrulline, Calcium, Sulfur, Phosphorus, Copper, Cysteine, Glutathione, Glutamine, Glycine, Serine, Leucine, Valine, Zinc, Iron, Selenium, Magnesium
Amino Acids	Metabolism	Valine, Leucine, Threonine, Methionine, Phenylalanine, Tryptophan, Lysine, Histidine, Ornithine-Arginine, Glycine, Alanine, Serine, Cysteine, Tyrosine, Proline, Taurine, Glutamine
Alkaline Powder	Metabolism	Calcium, Magnesium, Potassium, Zinc, Manganese, Glutamine

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Connective Tissue	Metabolism	Silicon Dioxide, Manganese, Vitamin C, Glycine, Proline, Threonine
Blood	Metabolism	Copper, Iron, Molybdenum, Vitamin B12, Vitamin K, Threonine, Calcium, Manganese
Weight	Metabolism	Vitamin B2, Vitamin C, Vitamin E, Vitamin D, Iodine, Iron, Calcium, Selenium, Chromium, Carnitine, Leucine, Citrulline, Taurine, 5-HTP, Magnesium, Serotonin
Liver	Metabolism	Vitamin E, Vitamin C, Vitamin A, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B10, Vitamin B9, Vitamin B12, Vitamin K, Iron, Zinc, Copper, Selenium, Potassium, Ornithine-Arginine, Aspartic Acid, Citrulline, Glycine, Leucine, Valine, Coenzyme Q10, Taurine, Cystine
Minerals	Metabolism	Sodium, Potassium, Calcium, Magnesium, Phosphorus, Chloride, Sulfur
Trace Elements	Metabolism	Chromium, Cobalt, Iron, Iodine, Copper, Manganese, Molybdenum, Selenium, Silicon Dioxide, Zinc, Vanadium, Fluoride
Vegan	Metabolism	Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Vitamin C, Iron, Zinc, Calcium, Iodine, Sulfur, Selenium, Carnitine, Taurine, Valine, Lysine, Proline, EPA
Vitamin B Complex	Metabolism	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B4, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B8, Vitamin B9, Vitamin B10, Vitamin B12, Vitamin B13, Vitamin B17
Hypovitaminosis	Metabolism	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B4, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B8, Vitamin B9, Vitamin B10, Vitamin B12, Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin C

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Mixtures 3		
Alcohol intake	Detox	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin E, Vitamin D, Potassium, Selenium, Phosphorus, Manganese, Magnesium, Calcium, Methionine, Molybdenum, Boron, Cysteine, Choline
Antioxidants	Detox	Vitamin A, Vitamin E, Vitamin C, Vitamin B2, Vitamin B10, Flavonoids, Coenzyme Q10, Selenium, Zinc, Manganese, Copper, Iron, Chromium, Glutathione, Melatonin, Cysteine, Glutamine, Methionine, Taurine
Lymphatic system	Detox	Silicon Dioxide, Potassium, Copper, Zinc, Calcium, Magnesium, Vitamin C, Vitamin B6, Vitamin E, Lysine, Proline, Methionine, EPA, Ornithine-Arginine, Glutathione
Menstruation	Detox	Calcium, Magnesium, Manganese, Vitamin B5, Vitamin B6, Vitamin E
Spirituality	Detox	Vitamin B1, Vitamin B3, Vitamin B9, Vitamin B12, Vitamin E, Vitamin D, Vitamin K, Coenzyme Q10, Iron, Selenium, Zinc, Manganese, Flavonoids, Tyrosine, Taurine, Tryptophan, Carnitine, Glycine, Glutamine, EPA, Cysteine, Methionine, Glutathione

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Toxins	Detox	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin E, Choline, Cysteine, Methionine, Glutathione, Glycine, Taurine, Glutamine, Aspartic Acid, Flavonoids, Selenium, Zinc, Copper, Iron, Calcium, Magnesium, Silicon dioxide
Fertility	Detox	Coenzyme Q10, Carnitine, Vitamin A, Zinc, Manganese
Hormonal system	Detox	Vitamin B6, Vitamin B9, Vitamin B10, Vitamin D, Vitamin E, Sulfur, Zinc, Manganese, Iron, Iodine, Selenium, Calcium, Leucine, Lysine, Phenylalanine, Threonine, Tryptophan, Glutamine, Ornithine-Arginine, Glycine, Proline, Cysteine, Tyrosine, Methionine, Valine, Melatonin, Serotonin, Corticosterone
Libido	Hormonal system	Vitamin E, Vitamin A, Zinc, Manganese
Allergies	Immune system	Vitamin B3, Vitamin C, Vitamin D, Calcium, Sulfur, Proline, Phytic Acid, Quercetin
Immune System	Immune system	Vitamin A, Vitamin C, Vitamin E, Cysteine, Liothyronine, Sulfur, Glycine, Threonine, Valine, Arginine, Carnitine, Calcium, Copper, Manganese, Zinc, Cobalt, Molybdenum, Selenium
Secondary plant substances	Immune system	Flavonoids, Carotinoide

Digital Nutrition Mixtures 4	Category	Substance
Energy	Vitality	Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B7, Coenzyme Q10, Iron, Zinc, Selenium
Fatigue	Vitality	Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B7, Vitamin B10, Vitamin B6, Coenzyme Q10, Potassium, Sulfur, Iron, Zinc, Selenium, Molybdenum, Glycine, Alanine, Liothyronine, Methionine, Vitamin B9, Vitamin B12, Vitamin B6, IsoLeucine, Chromium, Tryptophan, Copper
Eyesight/vision	Vitality	Vitamin A, Zinc
Sports	Sports	Vitamin C, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B3, Vitamin B7, Vitamin B9, Vitamin B12, Vitamin B13, Coenzyme Q10, Carnitine, Calcium, Potassium, Sodium, Chloride, Magnesium, Zinc, Iron, Phosphorus, Chromium, Vanadium, Glutamine, Cysteine, Phenylalanine, Threonine, Taurine, Valine, Glycine, Glutathione, Androsterone, Aspartic Acid
Men	Sports	Vitamin C, Vitamin E, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B12, Magnesium, Calcium, Selenium, Zinc, Boron, Coenzyme Q10, Flavonoids, EPA, Androsterone, Aspartic Acid
Regeneration	Sports	Vitamin C, Vitamin E, Vitamin B6, Vitamin B7, Vitamin B13, Carnitine, Copper, Selenium, Zinc, Iron, Iodine, Magnesium, Potassium, Calcium, Chromium, Methionine, Glutamine, Ornithine-Arginine, Glycine, Histidine, Leucine, Valine, Methionine, Cysteine, Glutathione, Coenzyme Q10

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Women	Other	Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B12, Calcium, Iron, Aspartic Acid, Ornithine-Arginine, Zinc, Magnesium, Iodine, Silicon Dioxide, Glucosamine Sulfate, Carnitine, Coenzyme Q10, Flavonoids, EPA
Children	Other	Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Iron, Zinc, Magnesium, Manganese, Selenium, Copper, Iodine, Calcium, Potassium, Threonine, Ornithine-Arginine, Tryptophan, EPA
Psyche	Other	Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B10, Vitamin B12, Sulfur, Zinc, Copper, Chromium, Cobalt, Tryptophan, Methionine, Phenylalanine, Glutamine, 5-HTP, Threonine, Glycine, Serotonin, Melatonin
Sleep	Other	Vitamin B3, Tryptophan, Glycine, Glutamine
Growth	Other	Vitamin A, Vitamin B9, Vitamin B12, Zinc, Manganese, Selenium
Wounds		Vitamin B1, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin C, Vitamin E, Potassium, Silicon Dioxide, Zinc, IsoLeucine, Threonine

Digital Nutrition Mixtures 5	Category	Substance
Breath	Sport	Vitamin A, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin E, Vitamin D, Selenium, Zinc, Magnesium, Cysteine, Sulforaphane, EPA, Glutathione
Motion	Sport	Vitamin C, Vitamin E, Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Magnesium, Calcium, Iron, Potassium, Zinc, Sodium, Iodine, Copper, Glutathione, EPA, Chromium, Carnitine, Coenzyme Q10, Ornithine - Arginine, Methionine, Glycine
Competition	Sport	Carnitine, Glycine, Methionine, Ornithine - Arginine, Glutamine, Magnesium, Potassium, Iron, Coenzyme Q10, Selenium, Vitamin C, Vitamin E, Vitamin B6, Taurine, Sodium, Chloride, EPA
Structure	Muskoskeletal system	Alanine, Glycine, Proline, Valine, Leucine, Lysine, Vitamin C, Zinc, Copper, Iodine, Sodium, Calcium, Potassium, Magnesium
Mobility	Muskoskeletal system	Vitamin B12, Vitamin B6, Vitamin A, Vitamin C, Vitamin E, Vitamin D, Vitamin B1, Vitamin K, EPA, Glucosamine Sulfate, Silicon Dioxide, Histidine, Cysteine, Magnesium, Calcium, Manganese, Copper, Carnitine, Glycine, Lysine, Proline
Activation	Muskoskeletal system	Vitamin B1, Vitamin B2, Vitamin B12, Vitamin B4, Vitamin B6, Vitamin B9, Vitamin C, Vitamin D, Iron, Magnesium, Coenzyme Q10, Taurine, Carnitine, Glycine, Lysine, Zinc, Tyrosine, Phenylalanine, Tryptophan, Choline, Glutamine, Glutathione

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Reduction	Cardiovascular	Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Glutathione, Magnesium, Cobalt, Copper, Chromium, EPA, Coenzyme Q10, Flavonoids, Ornithine - Arginine, Taurine, Glycine, Glutamine, Lysine
Exertion/Tension	Cardiovascular	Coenzyme Q10, Ornithine - Arginine, Vitamin B6, Carnitine, Taurine, Vitamin C, Vitamin B12, Vitamin B9, Magnesium, Vitamin D, EPA, Flavonoids, Potassium, Glutathione
Circulation/Traffic	Cardiovascular	Vitamin A, Vitamin B12, Vitamin B9, Vitamin D, Iron, Ornithine - Arginine, Glutamine, Selenium, Zinc, Calcium, Potassium, Phosphorus, Flavonoids, EPA, Glutathione, Histidine, Magnesium, EPA, Coenzyme Q10, Taurine, Lysine
Rigidity	Metabolism	Iron, Phenylalanine, Cysteine, Vitamin C, Vitamin B10, Valine, Proline, Vitamin D, Copper, Vitamin E, Flavonoids, Magnesium, Coenzyme Q10, Carnitine, Phosphorus, Glycine, Zinc
Lifestyle	Metabolism	Vitamin B3, Vitamin B9, Vitamin B6, Vitamin B8, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Glutathione, EPA, Chromium, Coenzyme Q10, Carnitine, Selenium, Zinc, Copper, Magnesium
Energetic	Metabolism	Vitamin B1, Vitamin B2, Iron, Selenium, Zinc, Vitamin B12, Vitamin B3, Vitamin B9, Manganese, Copper, Vitamin C, Vitamin A, Vitamin D, Vitamin K, Methionine, Histidine, Magnesium, Coenzyme Q10, Carnitine, EPA

Digital Nutrition Mixtures 6	Category	Substance
Tissue	Metabolism	Vitamin C, Vitamin D, Coenzyme Q10, Vitamin B5, Vitamin B10, Vitamin B12, Selenium, Proline, Cortisone, Tryptophan, Copper, EPA, Flavonoids, Potassium
Bioinformation	Metabolism	Vitamin A, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Methionine, Choline, EPA, Glycine, Magnesium, Selenium, Zinc, Iron, Copper, Manganese, Calcium, Chromium, Glutathione
Comfort	Metabolism	Vitamin D, Vitamin C, Vitamin E, Vitamin K, Vitamin B9, Chromium, Magnesium, Coenzyme Q10, EPA, Zinc, Vanadium, Taurine, Ornithine - Arginine, Carnosine, Carnitine, Cysteine, Glycine, Sulforaphane, Flavonoids, Corticosterone
Exhaustion	Hormonal system	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Sodium, EPA, Glutamine, Taurine, Corticosterone, Vitamin C, Cortison, Magnesium, Tryptophan, Ornithine - Arginine, Potassium
Menopause	Hormonal system	Vitamin C, Vitamin E, Vitamin D, Vitamin K, Vitamin B2, Vitamin B1, Vitamin B9, Vitamin B12, Vitamin B6, Flavonoids, Selenium, Magnesium, Zinc, Calcium, Ornithine - Arginine, Tryptophan, EPA
Passion	Hormonal system	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Selenium, Zinc, Glutathione, Coenzyme Q10, Carnitine, Aspartic Acid

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Balance	Other	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Vitamin E, Iron, Selenium, Zinc, Magnesium, Glutathione, Flavonoids, Glutamine, Ornithine - Arginine, Aspartic Acid
Relief	Other	Vitamin B2, Vitamin B5, Vitamin B1, Vitamin B7, Vitamin B3, Vitamin B9, Vitamin B10, Vitamin B12, Selenium, Ornithine - Arginine, Vitamin C, Vitamin D, Zinc, Glycine, Magnesium, Vitamin E, Tryptophan, EPA
Joy of life	Other	5-HTP, Serotonin, Tryptophan, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B10, Vitamin B12, Phenylalanine, Cobalt, Androsterone, Glutamine, Copper, Sulfur, EPA, Citrulline, Chromium, Methionine, Zinc, Thyroxin
Recreation	Other	Tryptophan, Serotonin, Magnesium, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin D, Vitamin C, Selenium, Melatonin, Coenzyme Q10, Manganese, Molybdenum
Rest	Other	Tryptophan, Serotonin, Melatonin, Glycine, Ornithine - Arginine, Vitamin D, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B10, Vitamin B12, Iron, Zinc, Copper, Selenium, Magnesium, Methionine, Phenylalanine
Teeth	Other	Vanadium, Coenzyme Q10, Vitamin K, Vitamin C, Vitamin B6, Glucosamine Sulfate, Phosphorus, Vitamin B12