

BREAKFAST BLEND VITAMIN & MINERAL GUIDE

All vitamins and minerals included in the formula are from plant-based sources, and the product is vegan, has no preservatives, is pesticide-residue free, and is made in the U.S.A.

VITAMIN A (as Vitamin A Palmitate for increased bioavailability)

Vision support, immune support, skin health support. Limited to 40% of the RDA to avoid a high intake of Vitamin A, as an intake of Vitamin A above 200% of the RDA can increase the risk of hip fracture.

VITAMIN D (as Ergocalciferol to avoid animal derived sources)

Mood support, immune support, bone health support, blood sugar support. 133% of the RDA, as research has established that the majority of US residents are Vitamin D deficient.

VITAMIN C (Ascorbic Acid for increased bioavailability)

Skin health support, vascular support, bone health support, vision support, immune support, antioxidant. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

VITAMIN E (dl-Alpha Tocopherol Acetate for increased bioavailability and shelf life)

Antioxidant, cellular health support, skin health support, brain health support, vision support, reproductive organ health support. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

VITAMIN K (as Phytonadione for increased bioavailability)

Bone health support, blood vessel health support. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

VITAMIN B1 (as Thiamin Mononitrate for increased bioavailability)

Energy production, mitochondrial health support, nervous system support. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

POTENTIAL POWER NUTRITION

VITAMIN B2 (as Riboflavin for increased bioavailability)

Energy production, mitochondrial health support, nervous system support. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

VITAMIN B3 (as Niacinamide to avoid the skin redness, itching and burning associated with Nicotinic acid)

Energy production, mitochondrial health support, nervous system support. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

VITAMIN B6 (as Pyridoxin Hydrochloride for increased bioavailability)

Brain health support, immune support, nervous system support. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

VITAMIN B12 (as Methylcobalamin to avoid liver damage associated with Cyanocobalamin)

Red blood cell formation, nerve function, production of DNA, cell metabolism support, prevents anemia. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

FOLATE (as Folic Acid for increased bioavailability)

Red blood cell formation, nerve function, production of DNA, cell metabolism support, prevents anemia. 100% of the RDA to ensure adequate daily intake of this critical nutrient.

BIOTIN

Metabolism of carbohydrates, fats, protein. 100% of the RDA to ensure adequate daily intake of this critical nutrient. Without biotin, your body cannot maintain normal blood sugar levels between meals.

POTENTIAL POWER NUTRITION

PANTOTHENIC ACID (as Calcium D-Pantothenate for increased bioavailability)

Energy production, mitochondrial health support, nervous system support. 100% of the RDA to ensure adequate daily intake of this critical nutrient. Without Vitamins B1, B2, B3 and pantothenic acid your body can't metabolize the food you eat for energy.

IODINE (as Potassium Iodide for increased bioavailability)

Thyroid support, metabolism support, mitochondrial health support. 10% of the RDA to avoid high intake due to prevalence of iodine in most US diets.

MAGNESIUM (as Magnesium Citrate for increased bioavailability)

Protein synthesis, muscle function, nerve function, blood pressure regulation, blood sugar control, energy production, mood support. Limited to 20% of the RDA to limit the possibility of a laxative effect in susceptible individuals.

ZINC (as Chose Zinc Gluconate for increased bioavailability)

Immune function, wound healing, breathing support, taste function, smell function, production of DNA. Limited to 30% of the RDA to avoid high intake due to prevalence of Zinc in most US diets.

SELENIUM (as Selenium Selenite for increased bioavailability)

Antioxidant, thyroid support, production of DNA, immune support. Limited to 10% of the RDA to avoid negative side effects associated with a high intake of selenium, such as hair loss.

MANGANESE (as Manganese Gluconate for increased bioavailability)

Antioxidant, mitochondrial health support, metabolism support. Limited to 10% of the RDA to avoid high intake due to prevalence of Manganese in most US diets.

POTENTIAL POWER NUTRITION

CHROMIUM (as Chromium Chloride for increased bioavailability)

Blood sugar control, muscle health support. limited to 10% of the RDA to limit the possibility of susceptible individuals becoming hypoglycemic.

MOLYBDENUM (as Sodium Molybdate for increased bioavailability)

Liver support, antioxidant, blood detoxification. 10% of the RDA to limit the possibility of susceptible individuals having joint pain.

CALCIUM (as Calcium Phosphate and Calcium Pectate for increased bioavailability)

Bone health support, muscle health support, nerve function. Limited to 22% of the RDA to avoid high intake due to prevalence of calcium in most US diets.

IRON

Red blood cell formation, mitochondrial health support, cell metabolism support, prevents anemia. Limited to 42% of the RDA to limit the possibility of susceptible individuals experiencing gastric discomfort.

POTASSIUM

Supports all cells by maintaining cellular hydration (water volume), muscle function, nerve function, and blood pressure regulation. Limited to 5% of the RDA to avoid high intake due to the prevalence of potassium in most US diets.