

V e M M A ®

# BODY of KNOWLEDGE

With the right nutrients, your body can do amazing things! Yet, you still may be wondering how the Vemma formula benefits your body.

We've decoded the nutrients in this dynamic formula that help keep you healthy and feeling great. With this Body of Knowledge at your fingertips, feel free to claim the title of "know-it-all"!



## HAIR

Who doesn't want the shiny, healthy hair we see on TV? **Green tea**, **vitamin C** and the **B vitamin family**—**thiamin**, **riboflavin**, **niacin**, **vitamins B<sub>6</sub>** and **B<sub>12</sub>**, **folate**, **biotin** and **pantothenic acid**—are key for strengthening your delicate strands.\*

## EYES

The doctor's eye exam chart may appear in better focus thanks to **vitamin A**, which helps maintain good vision.\*

## THYROID

Kick mood swings to the curb! **Vitamin B<sub>6</sub>** and **iodine** help keep your hormones and metabolism running smooth, steady and in check.\*

## SPINE

Houston, there is no problem. **Vitamins B<sub>6</sub>** and **B<sub>12</sub>** keep your daily mission at the forefront by helping produce red blood cells, create DNA and RNA, and promote healthy nerve cells.\*

## DIGESTIVE

Nothing like an upset tummy to put a damper on your day. Luckily, **aloe vera** is your "secret agent man" to assist with digestive health, keeping nutrients moving along and discomfort free!\*

## IMMUNITY

Help keep your natural immunity lean, mean and in charge with **mangosteen**, a front runner that may help increase immune cell production, along with an arsenal of **vitamins C** and **D**, **zinc** and **green tea** which unleashes kung-fu-like immunity powers to help keep your immune system invincible.\*

## BRAIN

You might not be a whiz at *Trivial Pursuit*®, but **folic acid** may help boost your memory.\*

## SKIN

Beauty may be only skin deep, but that doesn't mean you should cut back on caring for your skin. Just as if you paid a visit to the legendary fountain of youth, help retain glowing skin with **vitamins A, C** and **E**, plus **green tea**.

## HEART

Whether it's racing after a healthy workout or fluttering in love, help protect and support a healthy heart with **vitamins B<sub>6</sub>**, **E** and **D**, and **mangosteen**.\*

## BONES (AND TEETH)

You know milk does a body good—specifically **vitamin D**, **calcium**, **phosphorus**, **fluorine**, **magnesium** and **manganese** may help keep your bones and teeth strong.\*

## NAILS

Longing to banish short, brittle nails? The nutritional benefits of **silica** and **biotin** can help bolster their overall health.\*

## CELLULAR TISSUE

Every day, your body produces 300 million new cells that are vulnerable to free radical damage—a precursor to aging. To help minimize cellular warfare, the antioxidant-rich power of **mangosteen** rallies its allies including **green tea**, **vitamins A, C, D** and **E**, along with **zinc**, **magnesium**, **selenium**, **calcium**, **sodium** and **potassium** to function as your internal body guards against oxidative attack.\*

## LEGS

Your name doesn't have to be Forrest for you to feel the irresistible desire to compete in a marathon—or at least run those dreaded errands—due in part to the energy support you receive from **B vitamins**, **green tea**, **iron**, **copper**, **magnesium** and **iodine**.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.