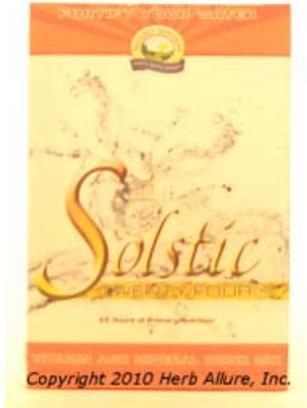


## Solstic Twenty-Four

Stock #6525-7 (30 packets)



Solstic Twenty-Four is a convenient vitamin and mineral drink packet that provides a full day's supply of 13 vitamins needed for energy, immune activity, bone formation, cardiovascular support, insulin function and even mental and emotional health. Solstic Twenty-Four also provides minerals for added nutritional support and prebiotics to promote healthy colonic flora. Solstic Twenty-Four provides:

**Vitamin A** is an essential nutrient that maintains healthy vision, provides antioxidant protection and immune system support, and aids in bone formation, skin health, wound healing, growth and reproduction, and the building of healthy blood cells. Studies show that low dietary intake of vitamins A and C is associated with increased odds of asthma and wheezing.<sup>1-5</sup>

**Vitamin C** is essential for human life because the body cannot create it, nor does it store it. Vitamin C provides antioxidant protection against DNA damage, enhances immune system function, and significantly reduces the risk of numerous degenerative and chronic diseases. Vitamin C is also needed for the production of red blood cells, for preventing hemorrhaging, for wound healing, and for the production of collagen, which is an important protein in skin, blood vessels, cartilage, ligaments and tendons.<sup>1-3,6</sup>

**Vitamin D**, which is essential for promoting bone health, is now also recognized for its significance in regulating immune system function and reducing the risk of infectious and chronic diseases such as cancer and cardiovascular disease. Research has also revealed that vitamin D is necessary for facilitating normal brain function, central and peripheral nervous system function, blood clotting and blood cell formation, cardiac activity, and optimal muscle strength. In addition, vitamin D appears to play an important role in glucose metabolism—the conversion of blood sugar into energy.<sup>1-3,7-9</sup>

**Vitamin E** is a powerful antioxidant and has been shown to help prevent degenerative diseases such as cancer and cardiovascular disease. Vitamin E also enhances immune system function, protects against environmental toxins, facilitates wound healing, improves insulin function, aids in the formation of red blood cells, helps prevent blood clots, and is necessary for healthy nervous system function.<sup>1-3</sup>

**Vitamin K** is essential for blood coagulation (blood clotting) and appears to be an important cofactor for treating and/or preventing atherosclerosis and calcified arterial plaque. Thus, vitamin K may help reduce the risk of cardiovascular disease by reducing coronary calcification. Recent research also indicates that vitamin K plays a significant role in bone metabolism. Several human trials have shown that vitamin K is effective in the treatment of osteoporosis and has been shown to maintain bone mineral density and inhibit new bone fractures.<sup>10-16</sup>

**Thiamine** (vitamin B<sub>1</sub>) plays an essential role in carbohydrate metabolism and acts as a coenzyme in the conversion of glucose into energy. Thiamine is essential for healthy nervous system function and has also been termed the "morale vitamin" as a result of its beneficial effect on mental attitude. Studies have demonstrated a positive association between improved thiamine status and elevated mood and energy.<sup>2,3,17-19</sup>

**Riboflavin** (vitamin B<sub>2</sub>) is essential for endocrine (glandular) health and functions as a necessary component in the metabolism of carbohydrates, fats and proteins for energy. Riboflavin is also necessary for thyroid hormone metabolism, which influences energy production. Research suggests that exercise may increase the body's need for riboflavin, especially given that riboflavin deficiency can result in a lack of stamina and vigor, due to disrupted energy production. In addition, riboflavin plays a role in maintaining glutathione, one of the body's most important antioxidants.<sup>2-4,20-22</sup>

**Niacin** is required for releasing energy from carbohydrates and for assisting in the metabolism of fats. Niacin is also essential for healthy functioning of the nervous system. In addition, niacin helps improve circulation, raises HDL cholesterol levels, and exhibits other cardiovascular benefits.<sup>2,3,20,23</sup>

**Vitamin B<sub>6</sub>** is essential for growth and maintenance of almost every bodily process, including brain and nervous system activity, cardiovascular function, hormone production, immune system function, and energy metabolism. Vitamin B<sub>6</sub> also plays an important role in regulating mood and behavior. In addition, recent research has revealed that vitamin B<sub>6</sub> is a potent antioxidant.<sup>1-3,20,24-26</sup>

**Folic acid**, a B-vitamin, is necessary for proper brain function, mental and emotional health, liver function, immune system health, formation of red blood cells, production of genetic material (DNA and RNA), and the prevention of birth

defects. Folic acid also provides cardioprotective effects and has been shown to effectively reduce the risk of stroke.<sup>1-3,20,27,28</sup>

**Vitamin B12** is best-known for its role in healthy blood formation and the prevention of anemia. However, vitamin B12 also assists in the production of genetic material (DNA and RNA), facilitates iron function in the body, and is critical for healthy nerve cells and central nervous system function. Recent evidence suggests that even subtle vitamin B12 deficiency can cause metabolic and neurologic symptoms, including depression, a decline in cognitive function, and hyperhomocysteinemia (a risk factor for cardiovascular disease).<sup>1-3,20,21,29,30</sup>

**Biotin** is required for the metabolism of carbohydrates, fats and protein, and assists in the utilization of protein, vitamin B12, folic acid and pantothenic acid. Biotin is also involved in blood sugar regulation and insulin function.<sup>1-3,31,32</sup>

**Pantothenic acid** plays a vital role in cellular metabolism and energy production, participates in nerve transmissions, helps maintain a healthy digestive tract, prevents premature aging and wrinkles, and is involved in immune system function. Pantothenic acid also increases production of adrenal hormones that control the body's reactions to emotional and physical stress.<sup>1-3,17,20</sup>

**Calcium** is a lifelong dietary requirement, necessary for the maintenance of healthy bones and teeth, muscle contractions, nerve transmission, immune system function, cardiovascular health, and the production of biological energy. In addition to its use for the preventive treatment of osteoporosis, calcium may also safeguard the body against cardiovascular disease by reducing high blood pressure and lowering cholesterol. Furthermore, research suggests that calcium offers protection against various types of cancer, including breast and colon cancer.<sup>2,3,20,33-37</sup>

**Magnesium** is involved in almost every function of the body and is essential for cardiac health, energy production, formation of bone and protein, healthy functioning of nerves and muscles, and blood sugar regulation. Magnesium also helps maintain the acid-alkaline balance of the body, protects against heavy metal-induced toxicity, and is necessary for calcium to function properly. In addition, studies have confirmed the effectiveness of magnesium for treating arrhythmia and preeclampsia, migraine, and severe asthma.<sup>1-3,20,38,39</sup>

**Zinc** is essential for normal central nervous system functioning and plays a critical role in adrenal health and in the production of genetic material (DNA and RNA). Zinc is necessary for healthy reproduction, immune system function, carbohydrate digestion, insulin production, wound healing, vision, and the ability to taste and smell. Zinc also exhibits some antioxidant properties, prevents the absorption of lead and cadmium (toxic heavy metals), and plays a role in cancer prevention.<sup>1-3,20,40-42</sup>

**Potassium** is an essential mineral required for healthy energy metabolism and cellular functions, as well as for preserving proper alkalinity of body fluids. Potassium assists with muscle contraction and nervous system activity, regulates fluid and mineral balance, facilitates kidney function, and works in conjunction with sodium to normalize the heartbeat. Potassium is also vital for normal blood pressure—decreased potassium intake may result in hypertension and heart disease. In addition, supplementation with potassium bicarbonate may help to reduce or reverse bone loss by significantly reducing urine calcium excretion.<sup>1-3,43-45</sup>

**Short-chain Fructooligosaccharides** (scFOS) are naturally-occurring simple carbohydrates that are neither digested nor absorbed by humans. Instead, scFOS encourage the growth of bifidobacteria—one of several beneficial strains of colonic bacteria. ScFOS also suppress the growth of potentially harmful pathogens (disease-causing organisms) in the colon. In addition, scFOS help relieve constipation and enhance intestinal immunomodulation. Regular intake of foods rich in scFOS may also help reduce the risk of colon cancer. Furthermore, research indicates that scFOS enhance calcium and magnesium absorption in the colon.<sup>46-50</sup>

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