

## **Bodivitaminosine**

### **Formula**

**Methionine:** It assists in the breakdown of fats and thereby prevents the build-up of fat in the arteries, as well as assisting with the digestive system and removing heavy metals from the body since it can be converted to cysteine, which is a precursor to glutathione, which is of prime importance in detoxifying the liver.

**Inositol:** Inositol plays an important part in the health of cell membranes especially the specialized cells in the brain, bone marrow, eyes and intestines. The function of the cell membranes is to regulate the contents of the cells, which makes effective functioning possible. Inositol is said to promote healthy hair, hair growth, and helps in controlling estrogen levels and may assist in preventing breast lumps. It may also be of benefit in reducing blood cholesterol levels.

**Choline:** Choline is an essential nutrient required by the body to make several important compounds necessary for healthy cell membranes. This nutrient helps form phosphatidylcholine, the primary phospholipid of cell membranes. It helps transport of lipids from the liver. Choline is also the precursor to acetylcholine, one of the crucial brain chemicals involved in memory.

**Pyridoxine:** Pyridoxine, vitamin B6, is required by your body for utilization of energy in the foods you eat, production of red blood cells, and proper functioning of nerves. It is used to treat and prevent vitamin B6 deficiency resulting from poor diet, certain medications, and some medical conditions.

**Methylcobalamin:** Vitamin B12 plays an important role in red blood cells, prevention and treatment of anemia, methylation reactions, and immune system regulation.

**Levocarnitine:** Levocarnitine is used to prevent and treat a lack of carnitine. It is used to prevent and treat this condition in patients with kidney disease on dialysis. It is given to people whose body cannot properly use carnitine from their diet. Lack of carnitine can lead to liver, heart, and muscle problems.

**L-Citrulline:** A naturally occurring amino acid found in food, such as watermelons, and also made in the body. It is used for Alzheimer's disease, dementia, fatigue, muscle weakness, sickle cell disease, erectile dysfunction, high blood pressure, and diabetes. It is also used for heart disease, body building, increasing energy, and for improving athletic function.

**L-lysine:** Together with its fatty acids this supplement may help to burn calories, thus giving the body necessary source of energy. Lysine as an amino acid may boost the energy levels, promote **weight loss** process and supporting the digestive system.

**Leucine:** Leucine is considered a vital amino acid for the **protein** synthesis and various metabolic functions - in other words, it is an essential amino acid, which helps in regulating the blood-sugar levels, promotes the growth and the recovery of muscle and bone tissues, as well as the production of the growth hormone.

**L-arginine:** L-Arginine is converted in the body into a chemical called nitric oxide. Nitric oxide causes blood vessels to open wider for improved blood flow. L-arginine also stimulates the release of growth hormone, insulin, and other substances in the body.

**Glutamine:** Glutamine is produced in the muscles and is distributed by the [blood](#) to the organs that need it. Glutamine might help gut function, the immune system, and other essential processes in the body, especially in times of stress. It is also important for providing "fuel" (nitrogen and carbon) to many different cells in the body. Glutamine is needed to make other chemicals in the body such as other amino acids and glucose (sugar).