

## Digital Nutrition Mixtures 1

Name	Category	Substances
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, Liothyronine
Kidney	Body	VitaminB1, VitaminB2, VitaminB5, VitaminB6, Vitamin B7, Vitamin B9, Vitamin B12, Vitamin C, Vitamin D, Calcium, Iron, Zinc, Copper, Taurine, Selenium, Histidine, Phosphorus, Magnesium, Carnitine, Taurine, Asparagic Acid, Sodium, Chloride, Potassium, Glutathione
Ears	Body	Manganese, Potassium, Zinc, Vitamin E, Vitamin B3
Thyroid	Body	Iodine, Chromium, Selenium, Phenylalanine

## Digital Nutrition Mixtures 2

Name	Category	Substances
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, Serin, Leucine, Valine, Zinc, Iron, Selen
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
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, Asparagic Acid, Citrulline, Glycine, Leucine, Valine, Coenzyme Q10, Taurine, Cystin
Minerals	Metabolism	Sodium, Potassium, Calcium, Magnesium, Phosphorus, Chloride, Wulfur
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, Sulphur, Selenium, Carnitine, Taurine, Valine, Lysin, 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

## Digital Nutrition Mixtures 3

Name	Category	Substances
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
Menstration	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
Toxins	Detox	VitaminB1, VitaminB2, VitaminB3, VitaminB5, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin E, Choline, Cysteine, Methionine, Glutathione, Glycine, Taurine, Glutamine, Asparagic Acid, Flavonoids, Selenium, Zinc, Copper, Iron, Calcium, Magnesium, Silica
Fertility	Metabolism	Coenzyme Q10, Carnitine, Vitamin A, Zinc, Manganese
Hormonal System	Hormonal System	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	Endocrine	Vitamin E, Vitamin A, Zinc, Manganese
Allergies	Hormonal System	Vitamin B3, Vitamin C, Vitamin D, Calcium, Sulphur, 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, Carotenoids

## Digital Nutrition Mixtures 4

Name	Category	Substances
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
Vision	Vitality	Vitamin A, Zink
Sports	Sport	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, Androsterone, Asparaginase
Men	Sport	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, Asparagic Acid
Regeneration	Sport	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
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 Arginin, 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	Other	Vitamin B1, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin C, Vitamin E, Potassium, Silicon Dioxide, Zinc, Isoleucine, Threonine

## Digital Nutrition Mixtures 5

Name	Category	Substances
Breath	Sport	Vitamin A, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin E, Vitamin D, Selenium, Zinc, Magnesium, Cysteine, Sulforaphan, 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	Musculoskeletal System	Alanine, Glycine, Proline, Valine, Leucine, Lysine, Vitamin C, Zinc, Copper, Iodine, Sodium, Calcium, Potassium, Magnesium
Mobility	Musculoskeletal 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, Prolin
Activation	Musculoskeletal 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
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
Tension	Cardiovascular	Coenzyme Q10, Ornithine - Arginine, Vitamin B6, Carnitine, Taurine, Vitamin C, Vitamin B12, Vitamin B9, Magnesium, Vitamin D, EPA, Flavonoids, Potassium, Glutathione
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

Name	Category	Substances
Tissue	Metabolism	Vitamin C, Vitamin D, Coenzyme Q10, Vitamin B5, Vitamin B10, Vitamin B12, Selenium Prolin 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, 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, Natrium, EPA, Glutamine, Corticosteron, Vitamin C, Cortisone, Magnesium, Tryptophan, Ornithin - Arginine, Potassium
Meopause	Hormonal System	Vitamin C, Vitamin E, Vitamin D, Vitamin K, Vitamin B2, Vitamin B1, Vitamin B9, Vitamin B12, Vitamin B6, Flavonoids, Selenium, Zinc, Glutathione, Coenzyme Q10, Carnitine, Aspartic Acid
Passion	Hormonal System	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Selenium, Zinc, Glutathione, Coenzyme Q10, Carnitine, Aspartic Acid
Balance	Other	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Vitamin E, Iron, Selenium, Zinc, Magnesium, Glutathione, Flavonoids, Glutamine, Ornithin - Arginine, Aspartic Acid
Relief	Other	Vitamin B2, Vitamin B5, Vitamin B1, Vitamin B6, Vitamin B3, Vitamin B9, Vitamin B10, Vitamin B12, Selenium, Ornithin - 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, Thyroxine
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, Manganese, Copper, Vitamin B9, Vitamin E, Vitamin A, Vitamin D, Calcium