

Basic Nutrients

Iodides

Iodine

- 1. Synthesises Thyroxin (T4) and conversion of T4 to T3**
- 2. Hypiodide in the immune system**
- 3. Balances Estradiol / Estrone ratios**

Iodine products

**Smart Iodide – Magnesium iodide
Potassium iodide
Sea vegetable
Nettle leaf**

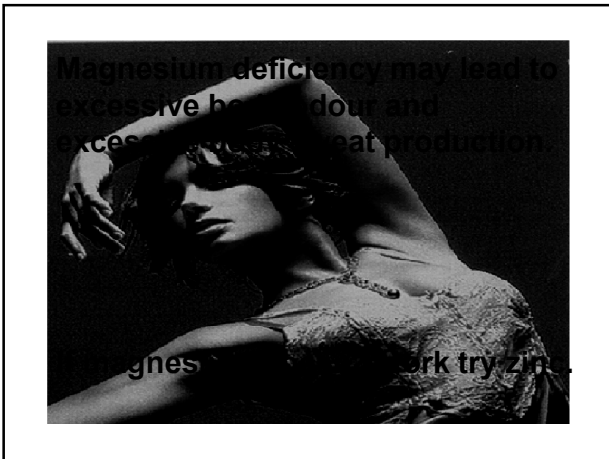
**Magnesium iodide
Potassium iodide
Iodine from seaweed
Bladderwrack
Black walnut**



Magnesium

Magnesium

**90% of enzymes use magnesium
as a co-factor.
Regulates synthesis of
CHO and energy
Heme production
RNA and DNA
Co-enzyme synthesis
Phospholipids
Heart and muscle contraction**



Magnesium products
Smart Magnesium caps
Magnesium citrate caps
Liquid Magnesium Cl + SO4
Magnesium chloride
Magnesium sulfate
Magnesium phosphate

Silver

Silver
10-16ppm silver made by electrolysis from pure silver plate. Traditional antimicrobial
Blue bloods
Inhibits catalase and stimulates myeloperoxidase to produce hypochlorites for the non specific immune system to kill gram+ bacteria.

Silver products
Liquid Silver (Ionic) 100ml

Zinc

**Total body amount 1.4-2.0gm.
Highest amounts are contained
in the placenta, choroid of the eye
and prostate followed by the liver,
kidney, muscle, heart, pancreas,
spleen, testes and brain.
100 zinc metalloenzymes carrying
out reactions in the cells
essential for growth, repair,
development and health.**

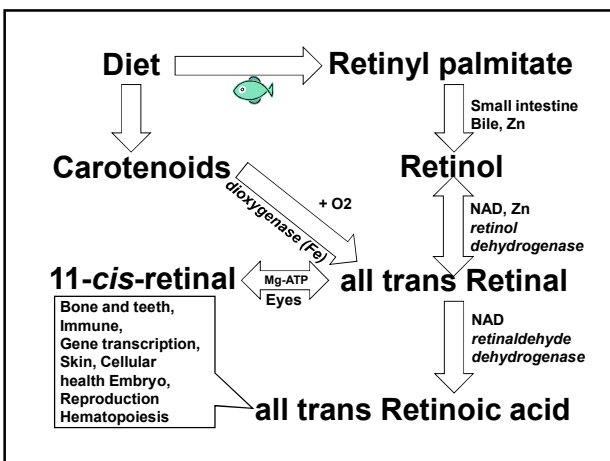
***DNA polymerase* is found in all
cells and is involved with the
initiation of DNA synthesis.
This zinc dependant enzyme is
critical for cellular growth,
development and repair.
Zinc deficiency results in a
decrease in DNA and RNA
synthesis and repair.**

Zinc and taste

**Gustin is the major protein found
in parotid saliva and contains zinc.
It is a growth factor involved in the
synthesis of a zinc containing
protein found in the taste buds.
People with taste and smell
dysfunction have a decreased
level of zinc in parotid saliva and
have a poor appetite.**

Zinc products
Smart Zinc caps
Zinc citrate caps
Zinc picolinate caps
Zinc ascorbate caps
Liquid Zinc Cl + SO4
Liquid Zinc chloride
Liquid Zinc sulfate

Vitamin A

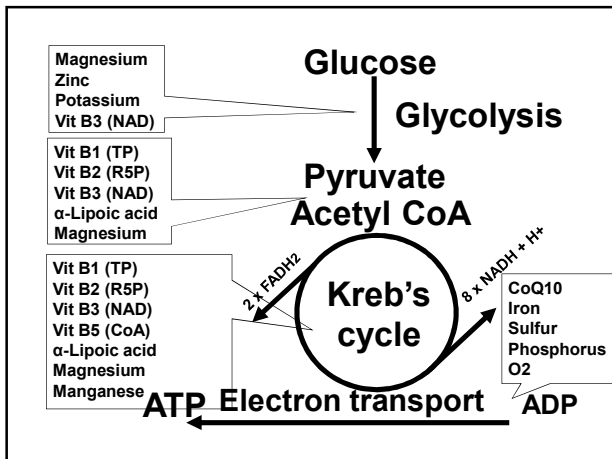


Vitamin A products
Smart Vitamin A 30ml (retinol palmitate in a base of organic black cumin seed oil)

B Complex

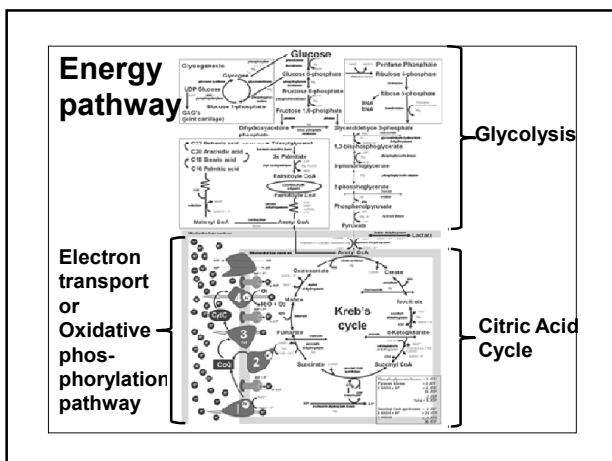
B Complex

Thiamine 6mg
Riboflavin-5-phosphate 1.8mg
Niacinamide 33mg
Pantothenic acid 11mg
Pyridoxal-5-phosphate 12mg
Folic acid 448mcg
Adenosylcobalamin 56mcg
Methylcobalamin 56mcg
Choline
Inositol
Biotin 56mcg
ATP
Magnesium (citrate) 9mg
Zinc (ascorbate / citrate / picolinate)



+

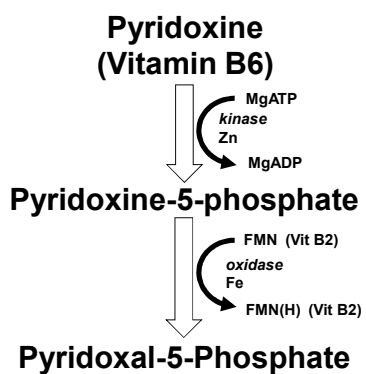
- Vitamin B6** transamination of amino acids
- Folates** for cell regeneration
- Vitamin B12** for oxygenation
- Choline** for Acetylcholine
- Inositol** for Phosphatidyl inositol
- Biotin** to metabolise ammonia



B Complex products
Vitamin B Complex caps and liquid

Smart Homocysteine Formula caps
Smart Red Complex caps and liquid
Smart Green Complex caps and liquid
Smart Blue Complex caps and liquid

Vitamin B6 (Pyridoxine)
and
Pyridoxal-5-phosphate (P-5-P)



Functions

- 1. Transamination**
- 2. Decarboxylation**
- 3. Neurotransmitter synthesis**
- 4. Trans sulfation**
- 5. Protoporphyrin synthesis**
- 6. Niacin synthesis**

**Vitamin B6 and
Pyridoxal-5-phosphate products**

- Vitamin B6 Pyridoxine liquid 100ml**
- Pyridoxal-5-phosphate liquid 100ml**
- Smart P5P caps**

Folates

Function

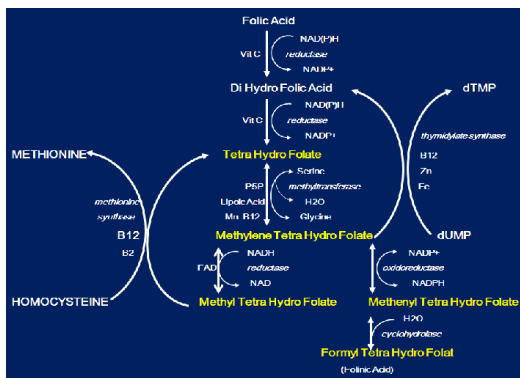
One carbon group transfer

Nucleotide synthesis

Glycine synthesis

Homocysteine recycling

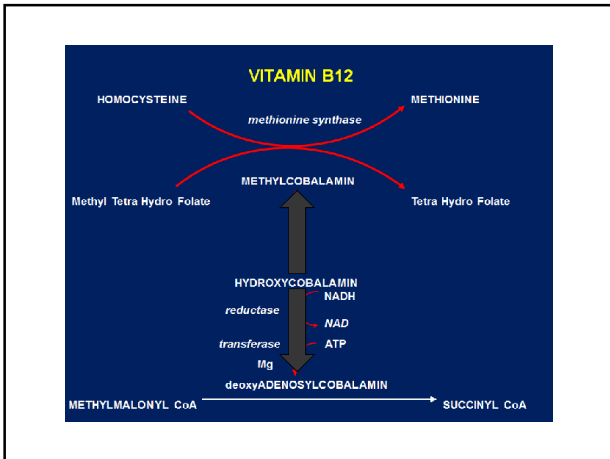
The intestine cell has on the surface of the brush border a specific folic acid binding protein. It transfers folic acid to the inside of the cell. Here dihydrofolate reductase twice reduces the folic acid to tetrahydrofolate. Methylation then occurs either directly or indirectly via the formation of N10 formyltetrahydrofolate to N5, N10 methyltetrahydrofolate.



Folate Products
Folic acid liquid
Folinic acid caps
Methylene tetrahydro folate caps
(CH₂H₄Folate)
Methyl tetrahydro folate caps
(5MTHF)
Tetrahydro Biopterin caps
(H₄Biopterin)

Vitamin B12
(Cobalamin)

Vitamin B12
Maturation of all cells
Synthesis of Heme
Burning of odd numbered fatty
acids
Methylation
Detoxification of cyanide



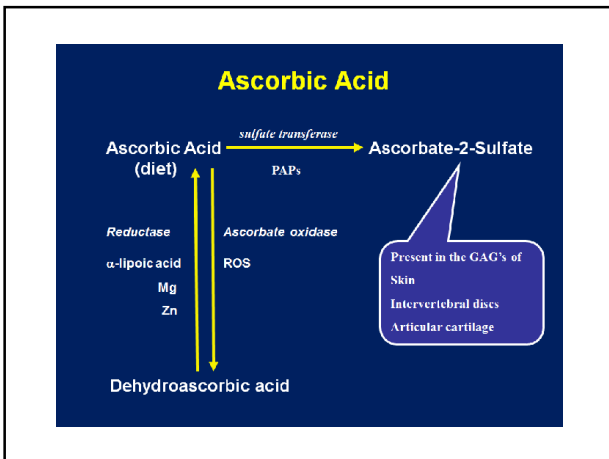
Vitamin B12 Products

Hydroxycobalamin liquid 100ml

Adenosylcobalamin liquid 100ml

Methylcobalamin liquid 100ml

Vitamin C
(Ascorbic Acid)



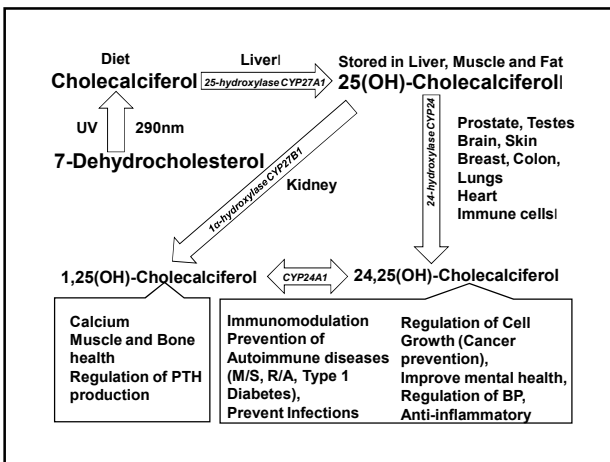
Function

- Collagen synthesis**
- Degradation of Tyrosine**
- Synthesis of Noradrenalin**
- Bile acid formation**
- Adrenal cortex**
- Absorption of iron**
- Antioxidant**

Vitamin C products

- Smart Vitamin C caps (with bioflavonoids and mushroom extracts)**
- Vitamin C caps**
- Vitamin C + alpha Lipoic Acid caps**

**Vitamin D
(Cholecalciferol)**



Vitamin D Products
SMART Vitamin D3
 Liquid Vitamin D in a base of Organic Black cumin seed oil
 30ml dropper bottles.
 Each drop delivers 1000IU (25mcg) Vitamin D3.

Consider Black cumin seed caps for 24,25OHCholecalciferol

Turmeric

**Turmeric products
Smart Turmeric caps - Organic
Turmeric containing
Curcuminoids and Turmerones
whose absorption is enhanced by
freshly ground Organic Black
Cumin Seed**

Turmeric caps

Probiotics

Probiotic Products all powders
Lactobacillus Acidophilus
Lactobacillus Rhamnosus
Lactobacillus Casei
Lactobacillus Bulgaricus
Lactobacillus Plantarium
Streptococcus Thermophilus
Bifidobacterium Bifidus

Smart probiotic – Multi combination

Oils

Saturated Fatty Acids
Coconut oil caps. Organic cold
pressed

Unsaturated Fatty Acids

Evening primrose oil 100ml (organic)

Borage seed oil 100ml (organic)

Blackcurrant seed oil 100ml (organic)

Super Omega 3 fish oil caps

Smart Thinking oil (organic) 250ml

Phosphatidylcholine caps

Culinary Oils

Black cumin seed oil

Flax seed oil

Grape seed oil

Hazel nut oil

Hemp seed oil

Macademia nut oil

Olive oil

Peanut oil

Pumpkin seed oil

Sesame

Walnut oil

Wheatgerm oil

Wonder oil

**All organic and
cold pressed
in 250ml Miron
glass bottles**

Smart RED oil
Smart GREEN oil
Smart BLUE oil
Smart Oil
