

NUTRITION 2 TEST KIT (25 vials)
Product Code 8073

Code	Name	Comments
NT 22	5-Hydroxytryptophan / 5 HTP / Oxitriptan	Involved in the synthesis of the neurotransmitters serotonin and melatonin from tryptophan.
NT 23	Alpha Lipoic Acid / ALA	Found in every cell of the body. It is an antioxidant that can work in both water and fat, and is used by the body to neutralise free radicals. May help metabolic syndrome and insulin resistance, enabling insulin to work more effectively in the body.
NT 24	Beta Carotene / Provitamin A / 160a	A red-orange pigment abundant in plants and fruits. Can be converted in the body into Vitamin A. Used as a natural food colouring (usually extracted using hexane).
NT25	Betaine Hydrochloride	Supports digestive system when stomach acid is low.
NT 26	Bromelain	Extracted from pineapples. Aids protein digestion. Also used to reduce inflammation associated with infection and injuries. Can be used in cooking as a meat tenderiser.
NT 27	Capsules, Gelatin	gelatin is derived by boiling animal bones, hooves, tendons, etc. Glycerine may be added to soften the capsule shell.
NT 28	Capsules, Vegetarian	Made from hydroxypropyl methylcellulose.
NT 29	Coenzyme Q10 / Ubiquinone / Ubidecarenone	A vitamin-like substance that is present in all human cells and is responsible in part for the production of the body's own energy. Body's production declines with age, so may lead to increased tiredness. Shortage associated with gum disease and heart problems. May have important role in Alzheimer's, migraine and Parkinson disease. People with heart problems and the obese may have low levels.
NT 30	Conjugated Linoleic Acid /CLA	Found mainly in the meat and dairy products. May have anti-cancer properties. May have a positive effect on weight management through a reduction in total body fat and an increase in lean body mass.
NT 31	Creatine	A component of skeletal muscle. Produced in the human body from amino acids primarily in the kidney and liver. Used by sports people to gain muscle mass.
NT 32	Curcumin / E100	Responsible for the yellow colour and beneficial effect of turmeric. May be beneficial for irritable bowel syndrome, ulcerative colitis and arthritis. It has been shown to be particularly useful if you suffer from shoulder, knee and elbow pain and stiffness.
NT 33	Docosahexaenoic Acid / DHA	An omega-3 fatty acid. From fish oils and commercially manufactured from microalgae. May reduce the risk of heart disease. Below-normal levels associated with Alzheimer's disease.
NT 34	Fructooligosaccharides / FOS / Oligofructose / Oligofructan	Extracted from fruits and vegetable. Helps keep the stools soft and easy to pass and stimulates the growth of friendly bacteria through its prebiotic effect. Promotes calcium absorption in the gut.

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NT 35	Glucosamine Hydrochloride	An essential role in the repair of cartilage in the joints. No major food sources except for crabs, oysters and the shells of prawns. This form of glucosamine is from corn/maize vegetables that undergo a special fermentation process.
NT 36	Inulin	Belongs to a class of fibres known as fructans. Can be used to replace sugar, fat, and flour particularly in reduced calorie products. Also sold as a supplement. Increases calcium absorption and possibly magnesium absorption, while promoting the growth of intestinal bacteria.
NT 37	Lutein / Xanthophyll	Found in green leafy vegetables such as spinach and kale. Also found in egg yolks and animal fats. High levels in the retina. Used to improve eye health. Can cause bronzing of the skin.
NT 38	Lycopene / E160d	Phytochemical found in tomatoes and other red fruits and vegetables. Used as a natural food colouring (E160d). May protect against cancer and cardiovascular disease.
NT 39	Magnesium Silicate / Talc / Florisil	Used as a coating on tablets. Also used in paper making, plastic, paint and coatings, rubber, food, electric cable, pharmaceuticals, cosmetics, ceramics, etc.
NT 40	Methylsulphonylmethane / MSM / DMSO2 / Methyl Sulfone / Dimethyl Sulfone	A key component of cartilage and plays an important part in joint health.
NT 41	Papain / Papaya Proteinase I	A digestive enzyme from papaya. Used to aid digestion.
NT 42	Psyllium Husks / Plantago Ovta	A source of fibre, so bulk up stools and help with constipation.
NT 43	Quercetin	Inhibits the production and release of histamine, which is involved in allergic and inflammatory reactions.
NT 44	Resveratrol	Found naturally in grapes, red wine, purple grape juice, peanuts, and some berries. May be beneficial for the heart and have anti-cancer properties.
NT 45	Superoxide Dismutase / SOD	An enzyme that promotes the rejuvenation and repair of cells, while reducing the damages caused by free radicals.
NT 46	Vitamin B17 / Laetrile / Amygdalin	Originally isolated from bitter almond. Has been used as a naturopathic cancer treatment, but is greeted with scepticism by mainstream scientific/medical community.

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