

## A Breakdown of the Myers' Cocktail

**Vitamin B<sub>1</sub> (Thiamine)** is used to boost the immune system, but also helps maintain a positive mental attitude; enhance learning abilities; increase energy; fight stress; and prevent memory loss.

**Vitamin B<sub>2</sub> (Riboflavin-5-Phosphate)** is crucial for breaking down food components, absorbing nutrients, and maintaining tissue.

**Vitamin B<sub>3</sub> (Niacinamide)** helps the food we eat turn into energy - it also plays a role in maintaining healthy skin and nerves.

**Vitamin B<sub>5</sub> (Dexpanthenol)** is used to boost the immune system, convert nutrients from food into energy, balances blood sugar, maintain the health of the nervous system and maintain a healthy digestive tract.

**Vitamin B<sub>6</sub> (Pyridoxal-5-Phosphate)** is needed for normal brain development and function. It helps the body make the hormones serotonin and norepinephrine, which influence mood, and melatonin, which helps regulate the body clock.

**Vitamin B<sub>12a</sub> (Hydroxocobalamin)** is an essential nutrient necessary for proper metabolism and energy production.

**Magnesium** - prevents inflammation and supports a healthy immune system.

**Vitamin C (Ascorbic Acid)** is an antioxidant that protects against immune system deficiencies.

**Calcium Gluconate** - treats low blood calcium and builds strong bones.

**Glutathione** – optional - Master antioxidant that helps detoxify your body.