



VALLEY WELLNESS CENTER

VITAMIN BOOSTS

SKINNY
\$30

INGREDIENTS METHIONINE, INOSITOL, CHOLINE, AND CYANOCOBALAMIN (VITAMIN B-12)

BENEFITS SEEN TO DECREASE THE EFFECTS OF LIVER DISEASE, INCREASES LIVER ENZYMES; AIDS IN FAT METABOLISM. THIS IS A GREAT PAIR IF YOU ARE ON A WEIGHT LOSS PROGRAM.

SKINNY ULTRA
\$45

INGREDIENTS CHOLINE, INOSITOL, METHIONINE, B12, B6, MYODEN "AMP" (PRECURSOR FOR ATP), ADENOSINE (AMP)

BENEFITS THE VITAMINS IN THIS SHOT CREATE A BEAUTIFUL LIPOTROPIC COCKTAIL. LIPOTROPICS AID WEIGHT LOSS BY DIRECTLY AFFECTING THE BODY'S METABOLISM AT THE CELLULAR LEVEL BY ENHANCING ATP PRODUCTION WHICH DIRECTLY AFFECTS METABOLISM. ADENOSINE AIDS WEIGHT LOSS, MEMORY LOSS, STRESS, FATIGUE, AND MUSCLE AND JOINT PAIN. THIS SHOT IS AN OBVIOUS WORKOUT ENHANCER TO HELP YOU GET THE BODY YOU WANT.

BEAUTY
\$45

INGREDIENTS BIOTIN(B7), GLUTATHIONE

BENEFITS BIOTIN HELPS NOURISH HAIR AND NAILS, NERVE RECOVERY, SPEEDS UP METABOLISM AND PROVIDES SKIN WITH THE ULTIMATE GLOW! GLUTATHIONE IS ALSO THE MOST CRITICAL AND INTEGRAL PART OF YOUR DETOXIFICATION SYSTEM. ALL THE TOXINS STICK ONTO GLUTATHIONE, WHICH THEN CARRIES THEM OUT OF YOUR BODY. THIS KEEPS OUR SKIN LOOKING NICE AND REFRESHED AND ACNE FREE. AND LASTLY, IT ALSO HELPS US REACH PEAK MENTAL AND PHYSICAL FUNCTION. RESEARCH HAS SHOWN THAT RAISED GLUTATHIONE LEVELS DECREASE MUSCLE DAMAGE, REDUCE RECOVERY TIME, INCREASE STRENGTH AND ENDURANCE AND SHIFT METABOLISM FROM FAT PRODUCTION TO MUSCLE DEVELOPMENT.

ENERGY
\$30

INGREDIENTS B-12

BENEFITS IMPORTANT TO KEEP THE BRAIN AND NERVOUS SYSTEM FUNCTIONING. HELPS THE FORMATION OF RED BLOOD CELLS. IT IS INVOLVED IN CELLULAR METABOLISM BY SYNTHESIZING AND REGULATING DNA. CAN BE USED TO TREAT ANEMIA, IMPROVES MOOD AND GIVES A GREAT ENERGY BOOST!

ENERGY ULTRA
\$45

INGREDIENTS CHOLINE, INOSITOL, METHIONINE, B12, B6, MYODEN "AMP" (PRECURSOR FOR ATP), ADENOSINE (AMP), THIAMIN B1, RIBOFLAVIN B2, PYRIDOXINE B6, NIACIN B3, PANTOTHENIC ACID B5, AND VITAMIN B12

BENEFITS IMPROVES MOOD, ENERGY, METABOLIC FUNCTION; HELPS ALLEVIATE DEPRESSION. ACTS AS A POTENTIATOR FOR IMPORTANT ACTIONS WITHIN THE BODY INCLUDING FAT LOSS, ENERGY PRODUCTION, AND MOOD BALANCE. FUNCTIONS INCLUDE: ASSISTING THE BODY IN THE HANDLING OF STRESS, INCREASING ENERGY, OPTIMIZING CARDIOVASCULAR HEALTH, INCREASING BRAIN FUNCTION, BOOSTING ANTIOXIDANT PROTECTION FROM FREE RADICALS, AND MAINTAINING AN OPTIMAL METABOLISM.

GLOW
\$35

INGREDIENTS VITAMIN D

BENEFITS VITAMIN D ALSO HAS OTHER, MORE DIRECT, EFFECTS ON YOUR MOOD. VITAMIN D DEFICIENCY CAN LEAD TO LOW ESTROGEN AND TESTOSTERONE LEVELS WHICH MEANS A LOWER LIBIDO. IT ALSO ACTIVATES THE GENES THAT RELEASE DOPAMINE AND SEROTONIN. THE LACK OF THESE NEUROTRANSMITTERS IS COMMONLY LINKED TO DEPRESSION.

IMMUNE
\$35

INGREDIENTS B6, METHIONINE, INOSITOL, CHOLINE, METHYLCOBALAMIN B12, THIAMINE B1, RIBOFLAVIN B6, CARNITINE

BENEFITS HELPS TO AID IN FAT METABOLISM AND TURNS SAID FAT INTO ENERGY. ALL OF THE INGREDIENTS ARE POWERFUL ANTIOXIDANTS. B VITAMINS IN THIS MIX HELP INCREASE ENERGY AND FACILITATE FAT LOSS, APPETITE REDUCTION, MUSCLE BUILDING AND PROMOTE IMMUNITY.

BUILDER
\$30

INGREDIENTS L-ORNITHINE, L-ARGININE, AND L-CITRULLINE

BENEFITS PROMOTES PRODUCTION OF NITRIC OXIDE, SUPPORTS HEALTHY LEVELS OF HUMAN GROWTH HORMONE BY STIMULATING RELEASE OF GH FROM PITUITARY GLAND. DESIGNED TO HELP IMPROVE LEAN BODY MASS, ATHLETIC PERFORMANCE, CARDIOVASCULAR HEALTH, AND VASCULAR FUNCTION. PROMOTES WOUND HEALING AND RECOVERY FROM SPORTS-RELATED OR WORK INJURY. EXACTLY WHAT YOU NEED DURING ANY WORKOUT REGIMEN!

BUILDER ULTRA
\$45

INGREDIENTS GLUTAMINE, ORNITHINE, ARGININE, LYSINE, CITRULLINE, METHYL B12, CARNITINE

BENEFITS THIS SHOT CONTAINS AMINO ACIDS WHICH ARE THE BUILDING BLOCKS OF PROTEIN. WHEN COMBINED THEY PROMOTE DIGESTIVE AND BRAIN HEALTH, MUSCLE GROWTH AND ATHLETIC PERFORMANCE. THEY HELP IN REMOVAL OF BODILY WASTE, BOOST ENERGY, PREVENT FATIGUE, IMPROVES HEART CIRCULATION, SUPPORTS LEVELS OF HIGH BY RELEASING GH FROM THE PITUITARY GLAND, AND CAN HELP DECREASE FAT MASS WHILE MAINTAINING MUSCLE.

TRANQUIL
\$30

INGREDIENTS GABA

BENEFITS HELPS WITH ANXIETY, DRUG WITHDRAWAL, AND RECOVERY. GABA ACTS AS A NEUROTRANSMITTER IN THE CENTRAL NERVOUS SYSTEM WHICH INHIBITS NERVE TRANSMISSION IN THE BRAIN, CALMING NERVOUS ACTIVITY.

TRANQUIL ULTRA
\$45

INGREDIENTS MAGNESIUM, GABA, TAURINE, THEANINE

BENEFITS PROMOTES RELAXATION, SLEEP, POSITIVE MOOD, AND PAIN MANAGEMENT CAN HELP DECREASE ANXIETY AND EVEN DECREASES MUSCLE TENSION SPECIFICALLY WHEN ONE IS SUFFERING FROM MIGRAINES.

DETOX
\$35

INGREDIENTS GLUTATHIONE PLUS ALPHA-LIPOIC ACID

BENEFITS GLUTATHIONE IS ALSO THE MOST CRITICAL AND INTEGRAL PART OF YOUR DETOXIFICATION SYSTEM. ALL THE TOXINS STICK ONTO GLUTATHIONE, WHICH THEN CARRIES THEM INTO THE BILE AND THE STOOL AND OUT OF YOUR BODY. IT ALSO HELPS US REACH PEAK MENTAL AND PHYSICAL FUNCTION. RESEARCH HAS SHOWN THAT RAISED GLUTATHIONE LEVELS DECREASE MUSCLE DAMAGE, REDUCE RECOVERY TIME, INCREASE STRENGTH AND ENDURANCE AND SHIFT METABOLISM FROM FAT PRODUCTION TO MUSCLE DEVELOPMENT. THIS DETOXIFICATION ALSO BOOSTS THE IMMUNE SYSTEM AS IT REPAIRS DAMAGED CELLS CAUSED BY STRESS, RADIATION, POLLUTION, AND INFECTION. COMBINED WITH ALPHA-LIPOIC ACID THIS SHOT IS SEEN AS AN ANTI-AGING COMPOUND SINCE IT CAN REVERSE SOME OF THE OXIDANT DAMAGE RELATED EFFECTS OF AGING.