

SystemK11 Ingredient Breakdown

1. Ergothionine (MitoPrime®)

- Derived from: Mushrooms, primarily from *Pleurotus eryngii* (king oyster mushroom).
- Benefits: Acts as a powerful antioxidant, protecting cells from oxidative stress and supporting cellular health.

2. Dihydroberberine (GlucoVantage®)

- Derived from: Barberry, Oregon grape, and goldenseal plants.
- Benefits: Supports healthy glucose metabolism, helping manage blood sugar levels effectively.

3. Sulforaphane (BroccoRaphanin®)

- Derived from: Broccoli seeds and sprouts.
- Benefits: Promotes detoxification pathways and supports the body's ability to neutralize harmful toxins.

Additional Ingredients

Vitamin C (as ascorbic acid)

- Benefits: Supports immune function, collagen production, and antioxidant protection.

Vitamin D (as cholecalciferol)

- Benefits: Promotes calcium absorption for bone health and supports immune system function.

Vitamin E (as d-alpha-tocopheryl succinate)

- Benefits: Acts as an antioxidant, protecting cells from damage caused by free radicals.

Thiamin (as thiamin mononitrate)

- Benefits: Supports energy metabolism and nervous system health.

Riboflavin

- Benefits: Plays a role in energy production and cellular function.

Niacin

- Benefits: Supports skin health, digestion, and nervous system function.

Vitamin B12 (as cyanocobalamin)

- Benefits: Essential for red blood cell production, neurological function, and DNA synthesis.

Iron (as ferrous fumarate)

- Benefits: Vital for the production of hemoglobin, which carries oxygen in the blood.

Iodine (from kelp)

- Benefits: Supports healthy thyroid function and metabolism.

Magnesium (as magnesium oxide & magnesium bisglycinate chelate)

- Benefits: Plays a role in muscle function, energy production, and maintaining normal blood pressure.

Zinc (as zinc sulfate)

- Benefits: Supports immune function, wound healing, and protein synthesis.

Chromium (as chromium picolinate)

- Benefits: Helps regulate blood sugar by improving insulin sensitivity.

Sodium

- Benefits: Helps maintain fluid balance, supports muscle function, and regulates blood pressure.

Fenugreek seed fiber extract (FenuLife® EXTRA)

- Derived from: Fenugreek seeds.

- Benefits: Supports digestive health and may aid in blood sugar regulation.

Pine bark extract (85% proanthocyanidins)

- Derived from: Pine tree bark.

- Benefits: Contains antioxidants that support vascular health and improve circulation.

Soybean extract (40% isoflavones)

- Derived from: Soybeans.

- Benefits: May help balance hormones and support bone health.

N-Acetyl cysteine (NAC)

- Benefits: Promotes detoxification and boosts glutathione levels in the body.

L-Methionine

- Benefits: Supports healthy liver function and contributes to protein synthesis.

PABA (Para-aminobenzoic acid)

- Benefits: Promotes healthy skin and may protect against sun damage.

Silicon (from silicon dioxide)

- Benefits: Supports healthy bones, skin, and connective tissues.