

Nutritional Glossary

The Reliv Glossary of Terms

The following Nutritional Glossary will help explain many common terms used to describe Reliv products and the business.

If you have any questions, please contact your personal Reliv Distributor, or call .

Delivery System — The process by which nutrients are absorbed and utilized by the body. Reliv carefully designs its formulas to provide the most effective delivery system for each specific nutrient.

Advantra Z[®]:

A patented, standardized herbal extract that functions to burn fat, increase physical performance and build lean muscle without increasing heart rate.

Amino Acids: The basic building blocks of proteins.

Antioxidants: Substance that inhibits oxidation and guards the body from the damaging effects of free radicals.

Arthred[®]:

A patented form of hydrolyzed collagen protein (HCP), which forms the framework of human cartilage. The effectiveness of HCP in promoting healthy joints was demonstrated through \$10 million in worldwide clinical trials. Arthred helps rebuild cartilage and reduces pain and swelling.

Beta-Carotene: A carotenoid that is converted to Vitamin A in the body.

Bioperine[®]: A patented thermogenic black pepper extract that increases the body's efficiency in the uptake of nutrients.

Biotin: A water soluble B vitamin essential for metabolism of fat and carbohydrates.

Brewer's Yeast: A beer-brewing by-product that is a rich source of chromium, folate, thiamin and Vitamin B6.

Calcium: Necessary for strong bones and teeth. Maintains regular heart beat and supports transmission of nerve impulses.

Calories:

Units by which energy is measured. One calorie is equal to the amount of heat necessary to raise the temperature of 1 kg of water 1 degree C.

Cat's Claw: A tropical vine whose bark has been used in the treatment of arthritis.

Cholesterol:

A fatty substance (lipid) essential for the digestion of fat and the formation of estrogen and testosterone, digestive juices and Vitamin D.

Choline: An essential, vitamin like compound.

Chromium:

A trace metal important in the metabolism of carbohydrates and fats. Involved in metabolism of glucose and proper insulin utilization.

CitriMax[®]: A patented fat blocker that blocks and burns fat while reducing appetite.

Coenzyme Q10:

Found in highest concentrations in the heart, CoQ10 restores energy to exhausted heart cells by helping to replenish ATP, a chemical responsible for energy production.

Copper:

An essential trace mineral used in the absorption of iron and the formation of red blood cells. It also promotes normal functioning of the central nervous system.

Creatine Monohydrate:

Maximizes the body's level of stored creatine phosphate; results in increased peak athletic performance and shortened muscle recovery time.

Dietary Supplement:

A vitamin, mineral, herb, amino acid or combination used to supplement the diet. Not intended to replace whole foods.

Electrolyte: A salt that dissolves in water and conducts ions. Sodium, potassium and calcium are examples.

Fat:

Essential for organ protection, hormone balances, and as a long-lasting fuel source for low-intensity exercise. Dietary fats are classified as saturated (animal flesh, butter, margarine, processed and fried foods) and unsaturated (vegetable oils). It is suggested that you limit your fat intake to less than 30% of total calories.

Fiber:

Slows the absorption of carbohydrates reducing blood sugar "spikes" following meals. Also reduces the absorption of calories and enhances weight loss.

FDA (Food and Drug Administration):

A part of the Department of Health and Human Services' Public Health Service that is responsible for ensuring the safety and wholesomeness of all foods processed and sold in interstate commerce except meat, poultry and eggs. The FDA also inspects food plants and imported foods and sets standards for food composition.

Folate: B vitamin necessary for cell growth and division. Prevents neural tube defects during pregnancy.

Free Radicals: Unstable and highly reactive atoms that damage cell membranes and destroy DNA.

Fructose: A simple sugar found naturally in fruits and honey. The fructose used in the Reliv products is derived from corn.

Functional Food:

Foods that contain physiologically active compounds that provide health benefits beyond basic nutrition.

Garlic: An herb that is thought to aid in lowering cholesterol and blood pressure.

Ginkgo Biloba: An antioxidant known for its revitalizing, stimulating, and firming qualities.

Glucosamine Sulfate:

A salt of glucosamine that plays an important role in the repair and maintenance of joint cartilage. Helps rebuild cartilage, protects against joint destruction, promotes healthy joint function, stimulates manufacturing of collagen and reduces pain and swelling.

Grape Seed Extract: An antioxidant that protects the body from the damaging effects of free radicals.

Herb: A plant grown for flavoring or medicinal purposes.

Iodine: An element essential for the proper functioning of the thyroid gland.

Iron:

An element that transports oxygen through the blood to all parts of the body and is vital to a variety of metabolic functions.

Irish Moss: Seaweed rich in carrageenan.

Isoflavones:

Phytochemicals which are naturally occurring compounds found in plants that have biological activity in the body.

Kelp: Seaweed rich in vitamin B6, iron, magnesium, potassium and iodine.

Kosher:

Prepared in accordance with Jewish dietary laws. The Reliv products are certified either Kosher Parve (K) or Kosher Dairy (KD). View Reliv's most current [Kosher certification](#).

Magnesium:

Works synergistically with calcium to promote bone mineralization. Important for transmission of nerve and muscle impulses. Also supports normal functioning of the heart and helps reduce serum cholesterol and triglycerides.

Manganese: Necessary for protein, fat and blood sugar metabolism. Promotes healthy nerves and immune system.

Niacin: B vitamin necessary for metabolizing food and aids in the functioning of the nervous system.

Non-GMO Soy: Soy that has not been genetically modified.

Omega 3:

Polyunsaturated fatty acids found in certain fish tissues and vegetable sources such as flax seeds, hemp seeds, walnuts, and canola oil. Consumption of omega-3 fatty acids may reduce the risk of coronary heart disease.

OptiBerry®:

A patented blend of wild blueberry, strawberry, cranberry, wild bilberry, elderberry and raspberry extract with powerful antioxidant capabilities. Studies have shown the anthocyanins contained in these extracts help to relax arterial walls and help keep blood flowing.

PABA (Para-Aminobenzoic Acid):

Part of the vitamin B complex that functions in the breakdown and use of proteins in the formation of blood cells.

Pantothenic Acid:

B vitamin involved in the manufacturing of adrenal hormones, antibodies and neurotransmitters. Supports carbohydrate, protein and fat metabolism.

Phosphatidylcholine (PC):

A phospholipid that is a major component of cell membranes. It is important for normal cellular membrane composition and repair.

Phosphatidylserine (PS):

A natural nutrient found as part of the cell membrane of cells. Supplemental phosphatidylserine may have cognition enhancing activity.

Phosphorus:

A major mineral vital to energy production. Aids in the formation of bone, cell membranes and genetic material.

Potassium: Critical to the maintenance of fluid balance, nerve transmissions and muscle contractions.

Protein:

The major structural component of all body tissue. Necessary for muscular growth and cellular repair. Can be used for energy only when carbohydrates and fats are not available.

Pycnogenol®:

A natural product derived from tree bark that is a highly potent antioxidant. Clinical tests have proven that it can fight free

radical damage, improve blood circulation, support heart health and enhance the performance of the antioxidant vitamins C and E.

Reference Daily Intake (RDI):

The daily dietary intake level of a nutrient considered sufficient to meet the requirements of nearly all (97-98%) healthy individuals in each life-stage and gender group.

Riboflavin (Vitamin B2):

A water soluble vitamin that serves as a coenzyme in many reactions, including the release of energy from nutrients in all body cells.

S-Adenosyl-L-Methionine (SAM-e): A naturally occurring molecule distributed to virtually all body tissues and fluids.

Selenium: A trace mineral that works synergistically with antioxidants to fight free radicals.

Symbiotropin: Promotes the body to increase the release of its own hGH.

Thiamin (Vitamin B1): A water soluble vitamin essential in metabolism.

Tonalin[®] (Conjugated Linoleic Acid): An essential fatty acid shown to reduce body fat and increase muscle tone.

Vitamin A:

A fat soluble vitamin that is involved in promoting vision, protein synthesis, cell differentiation and reproduction and growth.

Vitamin B6: A water soluble vitamin important to amino acid metabolism.

Vitamin C:

A water soluble vitamin that performs a variety of roles in the body, helping to promote healthy gums and teeth, aids in mineral absorption, helps heal wounds.

Vitamin D:

A fat soluble vitamin that promotes the absorption of calcium and helps maintain proper blood levels of calcium and phosphorus.

Vitamin E: A fat soluble vitamin that is one of the body's primary defenders against the adverse effects of free radicals.

Vitamin K: A fat soluble vitamin that acts in blood clotting.

Zinc:

A mineral important to the activity of enzymes needed for cell division and repair. Aids in proper functioning of the immune system.