Nutrition Foundations for Stress & Energy Balance

By Steve Steeves, CCN, ND / December 2023

Do you tire easily? Do you experience frequent, anxious feelings? Do you have sleep difficulties? Do you experience frequent mood shifts? Do you lack the endurance you once had? Are you concerned about the negative impact that your health has on your family, work, and other relationships?

There are thousands of people just like you who are asking the same questions. You are probably aware that experiencing years of distress can negatively affect your health in many other ways. That's why you're looking for solutions. And that's why you've probably been trying many different things.

We can help! We put together this article to show you how the lifestyle and nutrition solutions that we offer have helped others enhance and restore stress and energy balance for a greater level of wellness in all areas of your health needs. Lifestyle intervention with targeted nutritional support does and will help reverse the effects of stress and help restore energy production for a healthy long-lived life.



Fatigue and stress are real and have increased substantially in our fast-paced 21st-century living. Your stress handling and energy production depends upon many body systems for optimal function. For example, the digestive system is the source of 80%

of critical neurotransmitters GABA and serotonin that help prevent anxiety and help with stress handling and are necessary for sleep and a positive mood.

Because modern Western medicine compartmentalizes the body systems, they are unable to get to the root causes of stress and energy issues, and these issues have become an increasing health concern. We will take the time in this article to address the body systems that influence your stress handling and energy production and introduce the necessary lifestyle interventions and natural supplement protocols needed to restore how you handle stress and give you increased energy for your daily tasks with reserve energy left over at the end of your day.

The poor state of stress and energy health is causing millions of people worldwide to suffer from symptoms such as ongoing fatigue, anxiety, depression, irritability, sleep disorders, focus issues, and much more. You may be having some of the same problems and you want to do something about it but you are not quite sure what to do about it. We understand your struggle. In this article we will help to answer these questions regarding the restoration of stress and energy health;

- How do medications interfere with energy production and stress handling?
- How can I recognize symptoms of energy burnout?
- What lifestyle factors can help to restore energy and stress handling?
- What supplements can enhance function and activate the repair of weakened energy and stress handling?
- What other conditions are linked to stress and energy health?

How to Restore Stress & Energy Health with Lifestyle Interventions

We must be willing to trust in the Lord with our whole being in the application of life principles that He gave us to prosper and be in health. Proverbs 3:7-8 says, “Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones.”

The necessary support for stress and energy health is greatly impacted by physiology. However, the spirit, will and emotions are also connected parts that require a deeper relationship with our creator God to show us more fullness that is available for our thoughts and emotions along with our stress and energy health. Nutrition is the key that unlocks energy metabolism and allows cellular vitality to be restored and will help to enhance emotions and spirit. The reverse is also true, our lives are made available for the sole purpose of

glorifying God, and the one who gave us life's purpose is the one we need to look to for strength and hope. Lifestyle changes will help us to recognize the need for body systems support of areas such as detoxification, digestion, and heart health that impact stress and energy health to name a few however all systems are a go when cellular energy is desired.

Active and sedentary behaviors influence feelings of energy and fatigue in women

Energy and Vitality Loss Caused by Medication

Most medical writers will not recommend the healthy natural nutritional support pathway to consider when restoring energy and stress handling. Energy loss is probably the most common issue with a broad spectrum of medications that patients experience. The following is a list provided by a medical writer on WebMD and I would concur that seeing patients on these medications for 30 years the evidence is accurate.

What Medicines Can Make You Tired?

1. Allergy/Antihistamines
2. Antidepressants
3. Anxiety medication
4. Blood pressure medications
5. Cancer treatment
6. Muscle relaxants
7. Opioid pain medications
8. Seizure or epilepsy medications

Additionally, many medications that are commonly taken for a variety of health conditions are designed in such a way that the cells' ability to detoxify is inhibited therefore increasing toxic buildup and furthering fatigue and reducing the ability to handle stress. These range from over-the-counter pain relievers to prescription narcotics and NSAIDs such as Tylenol and ibuprofen etc. Antibiotics disrupt the digestive system and interfere with neurotransmitter production that is required for the nervous system and energy balance. Disrupted GI health contributes to anxiety, depression, and sleep disorders. Furthermore, anti-biotics cause leaky gut syndrome which allows for large undigested food proteins into the bloodstream increasing inflammation and further energy losses. Antidepressants called anticholinergics, block acetylcholine, a nervous system neurotransmitter necessary for communication throughout the body, these cause insomnia and allergies which have a negative impact by increasing inflammation and interfering with energy and stress handling.

Because iatrogenic disease is considered the third leading cause of all diseases it is important to know that drug-induced depression is of serious concern to the FDA due to the increase in suicide incidents. The following is a list of medications that are associated with increased severe energy depletion as seen in depression:

1. Beta-blockers

2. Calcium channel blockers
3. ACE inhibitors
4. ARBs
5. Antiobesity drugs
6. Alpha interferons
7. Beta interferons
8. Finasteride
9. Isotretinoin
10. Leukotriene antagonists
11. Corticosteroids
12. Varenicline

General Medical Drugs Associated with Depression - PMC

Functional Testing for Energy and Stress Health (Getting the right answers)

LRA Food and Chemical Sensitivity Test.

It is important to get tested to identify foreign offending chemicals, preservatives, additives, coloring agents, molds, toxic metals, food allergens, and other foreign antigens (offenders), that increase inflammation and interfere with our natural ability to handle stress and produce energy at the cellular level. Our goal together is the natural enhancement and continual support of digestion, nervous, immune, brain, detoxification, and heart health to all provide energy and stress support with adequate lifestyle and nutrition support. However, it is vital to identify and remove the offending agents that interfere with energy and cause additional stress to the body by testing with the LRA. Performing a Lymphocyte Response Assay (LRA) by ELISA to determine what foreign substances are offensive to your body can have a major impact on the causes of your brain fog, mood disorders, sleep, and anxiety suffering. Studies have shown that when the Lymphocyte Response Assay (LRA) is implemented and offending agents are removed, inflammation is reduced which lowers body burdens so that repair and healing can happen. By utilizing this Food and Chemical sensitivity test the data provided will allow for a personalized dietary and supplement plan to promote the repair and healing and overall body systems are rejuvenated allowing for health to be restored.

Click here to order your LRA by ELISA blood test Kit.

Micronutrient Testing

A Micronutrient Test provides a comprehensive extracellular and intracellular assessment of the levels of micronutrients that are necessary for Krebs energy cycle function and multiple biochemistry pathways of energy in the body. Important vitamins, minerals, antioxidants, fatty acids, and amino acids are tested within the micronutrient test which are key elements for whole body health. With this valuable information, more precise nutritional protocol support is easily rendered to cater to the specific individual needs of brain health. Brain health and nutritional metabolism go hand in glove and the nutrients tested within this detailed panel will identify your specific metabolic needs. Click the

above link to see the cellular items tested.

Click here to order your Micronutrient blood test Kit.

Urine pH Test- diet, hydration, and lifestyle factors of stress and sleep all have an impact on stress handling and energy production. The body's stress-handling networks and energy function require an optimal blood pH of 7.4 which is alkaline and maintained within a very narrow range by body systems. By testing pH and recording dietary intake of your acid and alkaline foods you can identify this most important component of biochemistry. Testing pH provides vital information that identifies inflammation, toxicity, and an acidic diet that can cause a loss of key elements necessary for stress and energy health.

Click here to order your urine pH test Kit

HS CRP- High Sensitivity C-Reactive Protein is a sensitive indicator of acute injury, bacterial infection, or inflammation. Studies have been published linking C-reactive protein (CRP) to stroke and dementia, including diabetes, obesity, and smoking, and is associated with adverse risk of cardiovascular disease, increased risk for primary stroke, and increased stroke severity. When test levels of HSCRP exceed 5 mg/L inflammation is prevalent and repair is needed. Finding the offending inflammation sources is key to removing as many of them as possible from your body. Adding in the lifestyle helpers listed below will help to aid in the repair and restoration of stress handling and energy production health.

Association of C-Reactive Protein to Cognitive Impairment - PMC

Energy and Vitality Restoration with Stress Reduction with Relaxation Techniques

Understanding the mental-emotional-physiological impact of thinking on good things.
"As a man thinketh in his heart, so is he." Proverbs 23:7

It has long been known that stress can make any and most existing health problems worse. Stress can lead to fatigue, depression, sleep disorders, high blood pressure, and anxiety. Practicing stress reduction techniques daily, such as deep breathing is highly recommended to improve stress response. We suggest an app. called, *The One Minute Pause* to help you destress during the day. While pausing, implementing a practice of the *Heartmath* breathing technique of a four-second inhale breath with an 8-second slow exhale reduces stress calms the nervous system, and relaxes the heart. When performing this process of breathing, meditation based upon Phillippians 4:8 is beneficial, "thinking on good things that are pure, good, and admirable." You can utilize the one-minute pause app throughout the day with the *Heartmath* breathing technique to provide immediate stress reduction

and enhance heart relaxation. Exhaling deep breaths of air regularly is a simple and natural way to enhance the body to remove toxic waste and improve overall heart health.

[The Effects of Stress on Cognitive Aging, Physiology and Emotion (ESCAPE) Project - PMC]

7 Proven Steps to Enhance Heart Health

1. Foods- Choosing a Mediterranean dietary approach is the cleanest support to foods to improve the body's metabolism, energy balance, and heart function is crucial. A Trinity Diet approach for balancing the three dietary macronutrients within the Mediterranean diet is appropriate; Carbohydrates 40%, Proteins 30% and fats 30%. This balanced approach is necessary to help keep the detoxification function working optimally and allow for balancing hormones for energy.

Optimizing nutritional intake from whole foods – as well as targeted nutritional supplements – has been shown to help restore and maintain a healthy body and mind to prevent or reverse chronic brain health decline that is ever-increasing in the industrial world. The Mediterranean diet has been shown to reduce the risk of depression and anxiety. Much of the support from the diet helps to improve blood lipids such as cholesterol and triglycerides as well as providing adequate omega fats for brain health.
The challenge with general nutritional guidelines is that people have unique individual nutritional needs. Many people may be at a greater risk genetically for developing certain conditions. A growing body of research suggests that enhanced consumption of key vitamins, minerals, and certain other plant phytonutrients can help manage disease risk better and help them realize their best health possible. This field of research is known as nutritional genomics or *nutrigenomics*—the "junction between health, diet, and genomic function." In other words, it focuses on the effect that nutritive substances and phytochemicals (or *phytonutrients*) have on genetic expression within our cells to promote healthy functioning and delay the onset of illnesses related to toxicity, aging, and unhealthy lifestyle choices.

[Mediterranean Diet and its Benefits on Health and Mental Health: A Literature Review - PMC]

2. Hydration- Dehydration is linked to many health problems of which cognitive decline and mood disorders are associated with. Dehydration contributes to the bioaccumulation of toxins as water is a key element in the removal of toxins from the body that affect the brain. Everyone has varied needs for hydration due to their body size and activity. A person should consume ½ their body weight in ounces of water per day as a minimum. With exercise and physical

activity and being outdoors in the heat the need for hydration increases at approximately 16 ounces per hour. Plastic bottled water is not ideal due to a toxic compound called BPA that is carcinogenic and collects in the water. Clean quality filtered water from your own home should be measured daily for personal needs to develop sustainability of optimal hydration and brain health.

Cognitive performance and mood are enhanced greatly with adequate hydration! Making water a priority in your health venture will enable better outcomes in all health conditions, especially brain health!

Cognitive performance and dehydration

3. Exercise is widely accepted as beneficial for stress and energy health and validated by scientific research. Multiple metabolic pathways have been investigated during recent years to better understand the mechanisms by which regular physical exercise reduces the risk of developing fatigue and improves stress handling.

- Increases energy
- Balance of stress hormone cortisol
- Lowers blood pressure reducing heart stress
- Improves memory
- Improves cognitive function
- Releases anti-depressant hormones boosting mood energy
- Releases a greater feeling of well-being

Regular exercise is associated with emotional resilience to acute stress in healthy adults - PMC

Many people are unwilling to exercise or feel they are unable however, exercise can be done by everyone and it can be adapted to the physical limitations of the individual. Look at a man who lives a life without limits, born with no arms and no legs, Australian Nick Vujicic.

Developing a balanced exercise routine with strength training, aerobic exercise, and flexibility is important to consider for brain health and whole body health.

4. **Stress Modification**- It has long been established that stress significantly impacts metabolic function and influences energy. Excess stress results in alterations in the chemistry of the gut where multiple neurotransmitters are produced such as serotonin and Gaba that influence the nervous system and brain health. Stress hormones such as cortisol when in excess cause neurological imbalances that can lead to cognitive decline, depression, and anxiety. A stressor may be a brief occurrence, or it can happen repeatedly over a long period. The feeling of anxiousness, depression, or brain fog are signs the body is reacting to excess stress whether it is a perceived threat from false media or real. Anxiety, fear, and depression can paralyze a person's life interfere with stress handling and energy health and the body's ability to

detoxify, and trigger a multitude of other health conditions.

Excess stress interferes with healthy metabolism and energy production. Furthermore, the connection to the gut-brain axis translates the stress signals into the release of a wide range of neurotransmitters and pro-inflammatory hormones. ProsperNutrition.com Stress Bundle products have evidence-based research that allows for the restorative changes in metabolism necessary to minimize the effects of stress and reverse some of the stress-induced interference with energy production. Toxins interfere with the body's systems impacting energy. Keeping a focus on the Detoxification Bundle should be considered in addition to the Stress Bundle for restoring energy and stress-handling ability.

Stress modification helps with taking time to relax and enjoy life amid the storms of stress and responsibilities. John Eldrige, a licensed professional counselor and author of multiple books provides "the one minute pause" app for your phone to take mental, spiritual, and physical breaks. Using this app daily and practicing deep breathing and mental focus exercises within the app helps walk out your daily stressors. Make a daily practice of heart math breathing technique for 1-5 minutes while listening to relaxing music and focusing on what Philippians 4:8 ESV says; Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." This will allow you to enjoy the journey of life even during the storms of life, because God is with you, in the fire, in the storm, and when you are standing in the face of giant challenges.

The Effects of Stress on Cognitive Aging, Physiology and Emotion (ESCAPE) Project - PMC

5. Sleep- During sleep, your body shuts down to perform restoration and repair to body systems. The brain performs multiple repair functions while we sleep. Supporting brain health provides better oxygen, nutrients, and energy as well as supports the removal of toxic compounds that interfere with the body's healing systems while you sleep. Up until the 21st century, Americans were sleeping an average of 8 hours per night, today they are averaging 6.5 hours of sleep. Studies further reveal that sleep deprivation is linked to hypertension and vascular lesions and raises the stress indicator C-reactive protein.

Meditation, reflection, and prayer are key to experiencing what scripture calls "sweet sleep" (Pro 3:24). Additionally, the body requires key nourishment to activate the production of Gaba, Serotonin, and melatonin. 70-80% of these neurotransmitters are produced within a healthy gut that is free of excess metabolic toxins. Prosper

Nutrition support with **Glutamine Max** and **Sleep & Calm** provides the essential supportive nutrients for healthy neurotransmitter function and stress and energy health allowing for deeper REM Sleep.

Dysfunction and Disease Complications that Occur From Lack of Sleep;

Patients studied with sleep deprivation experience a decline in quality of life. Most studies advise that the daily sleep requirement for adults is 7 to 9 hours per night. Long-term effects of sleep deficit have been linked to an increased risk of many comorbidities, including diabetes, obesity, hypertension, stroke, and heart attack. Most importantly, long-term sleep deprivation has been linked to an increase in overall morbidity and mortality.

Grave health concerns can arise from sleep limiting, ranging from fatigue, daytime sleepiness, depression, digestive distress, toxemia, and inability to handle stress. Additionally, increased risk of negative health outcomes, including obesity, diabetes, hypertension, cardiovascular, and cancer as well as all-cause mortality. Ultimately, quality sleep improves mental emotional health, and whole-body health reversing the risk of major diseases.

The effects of sleep loss on capacity and effort - PMC

GABA mechanisms and sleep

Journal of Neuroscience on the Impact of Serotonin and Sleep

6. Faith-Based Impact on Health

The Management of compromised conditions through spiritual beliefs and faith-based interventions such as prayer has shown positive outcomes. Continual daily development of a relationship with our creator leads to a better path in life in every way. “Trust in the Lord with all of your heart and lean not on your understanding, in all of your ways acknowledge him and he will make straight your path” (Prov 3:3-5, ESV). We must cleanse our minds and bodies by washing ourselves in the Word of God. “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ” (2 Cor 10:5).

The Bible has much to say about what we should think about and focus on. This is especially true when we are not feeling happy or positive we can always run to God and he will be the “lifter of our head” Psalm 3:3. It is known that, “a merry heart does good like medicine, but a broken spirit dries up the bones” (Pro 17:22), this is a proven scientific fact. People who think positively and have happy thoughts release mood-elevating energizing, healing chemicals called endorphins. People who are depressed and broken down in life through trials and overwhelming problems use minerals from their bones to buffer the effects of stress and over time if this is not dealt with

the bones become brittle (osteoporosis).

Truly this is a reflection of a loving God who watches over and intervenes for His purposes to be made known. His name is healer God Jehovah Rapha, and he cares for His creation, especially Man. The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living in you (Ro 8:11, NLT). It is an important practice to daily spend time in God's word and invite His Spirit to lead you in your thoughts and actions for the day and to ask for His help in healing your body. With God we all can be born again to a new life and experience his desire for us to "prosper and be in health" (3 Jn 2).

Spirituality, religiousness, and mental health: A review of the current scientific evidence - PMC

Prayer and healing. A case study

7. Targeted Supplementation for Detoxification

Vitamin C Max

Vitamin C is an essential nutrient in human metabolism with specialized functions related to its electron donor support as an antioxidant affecting the creation of new cells and gene regulation functions. Contributing specifically to detoxification pathways at the cellular level to help your cells remove toxic waste as well as provide the antioxidant protection needed to protect cells within the energy cycles of the body. Additionally, Vitamin C plays a role in adrenal health for the production of stress-handling hormones.
When metabolizing fatty acids for energy Vitamin C is needed for two dioxygenase enzymes involved in the metabolism of carnitine, an essential cofactor in the transport of long-chain fatty acids into the mitochondria to burn fat for energy.

Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence - PMC:

Reaching a specific bowel tolerance level of vitamin C will allow your body to cleanse out the colon and has many benefits that enhance energy by clearing out toxins. Please see the Vitamin C Cleanse Protocol and video on our website for more information.

Order your **Vitamin C Max** today to optimize your stress & energy balance

See our product evidence sheet for more details regarding the superior quality and benefits of our **Vitamin C Max:**

Pure Omega 3

Every organ system and every one of the approximately 70 trillion cells in the body is covered with a bi-lipid membrane rich in EPA, an omega-3 fatty acid that protects and allows for cell functions to absorb nutrients for energy. Additionally, healthy cell membranes with adequate available

EPA for cell structure allow for stress hormones to activate relaxation, fight or flight. Cells of the central nervous system require copious amounts of Omega-3 due to the high rate of cell breakdown and the need for repair. Additionally, the body depends on adequate omega-3 fatty acids to allow cell membranes to transport toxins out of the cell and out of the body for optimal operation and energy health. Omega-3 fatty acids are amazing in their functional ability to reduce inflammation and improve cellular communication for overall vitality.

Order your **Pure Omega 3** today to optimize your detoxification health.

See our product evidence sheet for more details regarding the superior quality and benefits of our **Pure Omega 3.**

Omega-3 Fatty Acids - Consumer

The effect of omega3 fatty acid supplementation on PPARγ and UCP2 expressions, resting energy expenditure, and appetite in athletes - PMC

Cell Energy from ProsperNutrition.com provides high-dose choline citrate for improved gallbladder and liver breakdown of toxins. Choline was recognized as an essential nutrient in 1998 by the Institute of Medicine. The complex actions that choline provides in biochemistry are remarkable;

1. A necessary component for key neurotransmitter acetylcholine production for memory and brain function.
2. Cell membrane signals depend on the availability of choline.
3. Choline allows for fat metabolism and the elimination of fatty waste through liver and bile production
4. it is a co-factor in methyl-group metabolism.

See our product evidence sheet for more details regarding the superior quality and benefits of our **Choline Max**

Physiology, Acetylcholine - StatPearls - NCBI Bookshelf

Choline: An Essential Nutrient for Public Health - PMC

Magnesium Power

Magnesium is an abundant cation mineral found in muscle and bone and a small percentage in blood. Mg has several functions in the human body including its role as a cofactor for more than 300 enzymatic reactions. Magnesium has multiple functions in the body critical for energy and stress adaptation;

1. Involved in protein synthesis.
2. Supports muscle and nerve function.
3. Necessary for blood glucose absorption for energy.
4. Helps regulate blood pressure, blood flow, and heart rhythm.

5. Necessary for nerve impulses facilitating calcium and potassium assimilation into cell membranes.
6. Involved in multiple immune cell functions.
7. Provides structural support for bones.
8. Necessary for mitochondria energy production.

ProsperNutrition.com offers a triple-ionized magnesium blend for optimal cellular function.

Order your **Magnesium Power** today to optimize your stress & energy balance

See our product evidence sheet for more details regarding the superior quality and benefits of our **Magnesium Power:**

Magnesium and Human Health: Perspectives and Research Directions - PMC

B12 Max

Vitamin B12 has multiple energy roles in the human body's metabolism, it is especially important in the role and formation of hemoglobin from the bone marrow. It is a co-factor in iron metabolism for oxygen absorption and energy. As a stress-support molecule, B12 helps to regulate neuro-hormonal production and balance for stress handling and energy production. B12 plays an important role in DNA and RNA synthesis and is a major component of methylation. The production of myelin for nerve cell transmission requires adequate B12.

Vitamin B12 plays a key role within the bone marrow and stem cells in the production of new cells. As a water-soluble vitamin, B12 is a key nutrient in the development of DNA, red and white blood cells, and protein metabolism. Vitamin B12 deficiency can cause homocystinuria. Homocysteine levels are considered a marker for adequate intake of folate and B12 for healthier blood vessels. Additionally, B12 lowers the risk of excessive blood clotting in the brain (stroke), arteriosclerosis, or atherosclerosis. The nutrients in B12 Max activate body catalysts (enzymes) essential for repairing blood vessels. In measuring B-12 levels with the standard (Schilling) B-12 test measures the amount of B-12 in the blood which does not correlate with heart muscle levels or other tissue cells. That is why homocysteine levels are functionally predictive of B-12 need. Clinical trials and meta-analyses reveal that vitamin B12 lowers homocysteine concentrations, decreases the intensity of pain, and affects memory loss and concentration.

B12 Max utilizes additional nutrients of folate and B6 for energy metabolism. B6 is used extensively in the metabolism of neurotransmitters for sleep, mood, energy and stress handling.

Order your **B12 Max** today to optimize your immune health.

See our product evidence sheet for more details regarding the superior quality and benefits of our **B12 Max.**

Stress and Energy Balance

Approximately 80% of clients who come to our clinic suffer from fatigue which is common to most doctor office visits. Fatigue is often connected to weak adrenal gland function due to overstress and burnout. Many of the symptoms of adrenal decline can be the following;

1. Increased appetite, craving salt and or sugar.
2. Shift in mood
3. Sleep deprivation
4. Wake not feeling refreshed
5. Need caffeine to get going in the morning

Stress and Energy Balance is a natural, non-stimulating product that utilizes herbal adaptogens and co-factors to effectively rehabilitate the body's energy system at the cellular level. Adrenal gland function can be restored to a resilient state of health while increasing energy and stress handling are made possible while not over-taxing an exhausted gland.

Order your **Stress and Energy Balance** today to optimize your stress & energy balance.

See our product evidence sheet for more details regarding the superior quality and benefits of our **Stress and Energy Balance.**

Rhodiola rosea L.: an herb with anti-stress, anti-aging, and immunostimulating properties for cancer chemoprevention

Anxiolytic properties of botanical extracts in the chick social separation-stress procedure

Multi-Vitamin Mineral

Multi-Vitamin & Mineral is a comprehensive biologically active multiple with 40 essential nutrients utilizing only synergistic vitamins, fully ionized elemental minerals, and active co-factors to enhance utilization. Four general categories of support make this multiple a stand-alone superior in the field of nutrition. Results were seen in controlled studies to reveal superior protection of the heart, body, and brain by product comparisons:

1. Super potency B complex (14 vitamins)
2. Minerals (10 fully available elemental forms)
3. Mixed vitamins E, selenomethionine, and tocotrienols (enough to lower cardiovascular risk by 60%)*
4. 16 different Ccell alkalinizers and energizers

Each of the 40 nutrients packed into this powerful and compact super multi is provided in the optimal and the most functional amounts, using only those mixed nutrient forms found in nature and proven through research to be safe and effective.

Order your **Multi-Vitamin Mineral** today to optimize your immune health.

See our product evidence sheet for more details regarding the superior quality and benefits of our **Multi-Vitamin Mineral.**

Vitamin and mineral status in physically active men: effects of a high-potency supplement

Testing and Testimonies

Micronutrient testing has been shown to reveal multiple deficiencies in men and women with fatigue and stress-handling issues. Vitality scores are greatly improved with the use of Prosper Nutrition Stress and Energy Bundle products.

Restored energy vitality and stress handling have been observed within our clinic at NutritionandHealthCenter.com over the 30 years we have been in business. You too can experience the kind of Stress and Energy health you have always desired to have with our Stress and Energy Bundle.