

# THE OTHER PILL™

## INGREDIENT CHART

	SIGNS YOU'RE NOT GETTING ENOUGH	ROLE OF NUTRIENT
VITAMIN B6	<ul style="list-style-type: none"> <li>• Worsening of PMS Anxiety</li> <li>• Estrogen dominance</li> <li>• Shortness of breath</li> <li>• Immune imbalances</li> <li>• Depression</li> <li>• Muscle pain</li> <li>• Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Oxygen transport (hemoglobin)</li> <li>• Improve PMS symptoms</li> <li>• Reduce inflammation</li> <li>• Immune balance</li> <li>• Balance hormones</li> <li>• Balance mood</li> <li>• Heart health</li> </ul>
VITAMIN B9	<ul style="list-style-type: none"> <li>• Changes in mood (depression, irritability)</li> <li>• Fatigue</li> <li>• Poor digestion</li> <li>• Frequent colds &amp; low immune system function</li> <li>• Muscle weakness</li> <li>• Shortness of breath</li> <li>• Anemia</li> <li>• Pale skin</li> <li>• Slow healing</li> </ul>	<ul style="list-style-type: none"> <li>• DNA production and repair</li> <li>• Energy levels</li> <li>• Cell growth and repair</li> <li>• Mood</li> <li>• Sleep</li> <li>• Immune system</li> <li>• Lowering inflammation</li> <li>• Increasing detoxification</li> <li>• Improve brain function</li> <li>• Heart health</li> </ul>
VITAMIN B12	<ul style="list-style-type: none"> <li>• Nerve pain and numbness</li> <li>• Shortness of breath</li> <li>• Digestive distress</li> <li>• Memory problems</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Weakness</li> <li>• Fatigue</li> <li>• Pale skin</li> </ul>	<ul style="list-style-type: none"> <li>• Transport oxygen in body</li> <li>• Healthy red blood cells</li> <li>• Resilience to stress</li> <li>• Healthy digestion</li> <li>• Healthy nerves</li> <li>• Energy levels</li> <li>• Heart health</li> <li>• Healthy DNA</li> <li>• Memory</li> <li>• Mood</li> </ul>
SULFORAPHANE	<ul style="list-style-type: none"> <li>• High levels of inflammation can lead to symptoms of muscle pain and weakness</li> <li>• Fatigue</li> <li>• GI distress</li> <li>• Immune system imbalances</li> <li>• Headaches</li> <li>• Insulin resistance and more</li> </ul>	<p>Sulphoraphane is a powerful regulator of the nrf2 system of antioxidants including glutathione, super oxide dismutas, catalase etc. to reduce oxidative stress to the body</p>
BIOPERINE	<ul style="list-style-type: none"> <li>• Poor absorption of nutrients</li> <li>• Lower serum levels of nutrients</li> </ul>	<ul style="list-style-type: none"> <li>• Black pepper extract has clinically demonstrated to significantly increase the absorption of nutrients leading to higher levels in the bloodstream</li> <li>• Serum levels of selenium increased by 30% after 14-days</li> </ul>

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VITAMIN C	<ul style="list-style-type: none"> <li>• Weakened immune system</li> <li>• Poor skin appearance</li> <li>• Loss of collagen</li> <li>• Slowed healing</li> <li>• Bleeding gums</li> <li>• Bloody nose</li> <li>• Swollen joints</li> <li>• Depression</li> <li>• Low iron</li> <li>• Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Boosts immune system</li> <li>• Burn fat via carnitine</li> <li>• Minimize inflammation</li> <li>• Collagen production</li> <li>• Absorption of iron</li> <li>• Skin appearance</li> <li>• Detoxification</li> <li>• Energy</li> <li>• Mood</li> </ul>

	SIGNS YOU'RE NOT GETTING ENOUGH	ROLE OF NUTRIENT
VITAMIN E	<ul style="list-style-type: none"> <li>• Dry skin</li> <li>• Low libido</li> <li>• Weakness</li> <li>• Indigestion</li> <li>• Inflammation</li> <li>• Lackluster hair</li> <li>• Vision problems</li> <li>• Poor immune system function</li> </ul>	<ul style="list-style-type: none"> <li>• Shiny hair</li> <li>• Boost libido</li> <li>• Lung health</li> <li>• Detoxification of environmental exposures</li> <li>• Minimize PMS symptoms</li> <li>• Immune balance</li> <li>• Fight inflammation</li> <li>• Improve skin appearance</li> </ul>

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RIBOFLAVIN	<ul style="list-style-type: none"> <li>• Swollen tongue and throat</li> <li>• Skin irritation (dermatitis)</li> <li>• Pain and inflammation</li> <li>• High blood pressure</li> <li>• Sensitive to light</li> <li>• Inflamed gums</li> <li>• Blurred vision</li> <li>• Headaches</li> <li>• Weakness</li> <li>• Itchy eyes</li> <li>• Anemia</li> <li>• Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce inflammation</li> <li>• Energy (mitochondria)</li> <li>• Healthy hair and skin</li> <li>• Support eye health</li> <li>• Cofactor to MTHFR</li> <li>• Nitric oxide boost</li> <li>• Blood pressure</li> <li>• Skin health</li> </ul>

	SIGNS YOU'RE NOT GETTING ENOUGH	ROLE OF NUTRIENT
MAGNESIUM	<ul style="list-style-type: none"> <li>• Muscle twitches</li> <li>• Muscle cramping</li> <li>• Fatigue</li> <li>• Anxiety and depression</li> <li>• Sugar cravings</li> <li>• Headaches</li> <li>• Constipation</li> <li>• Irregular heart beat</li> <li>• Hormone imbalance</li> <li>• Insomnia</li> <li>• Electrolyte imbalance</li> <li>• Aches and pains</li> <li>• Low bone density</li> </ul>	<ul style="list-style-type: none"> <li>• Improves PMS symptoms</li> <li>• Decreases muscle spasms</li> <li>• Proper digestion</li> <li>• Relieve constipation</li> <li>• Relieves anxiety/Increase energy</li> <li>• Strengthens bones</li> <li>• Heart health/Blood pressure</li> <li>• Blood sugar balance</li> <li>• Stress response</li> <li>• Wound healing</li> <li>• Improve headaches/migraines</li> <li>• Sleep</li> </ul>

SELENIUM	<p>SIGNS YOU'RE NOT GETTING ENOUGH</p> <ul style="list-style-type: none"> <li>• Low thyroid function</li> <li>• Poor immune function</li> <li>• Constipation</li> <li>• Inflammation</li> <li>• Brain fog</li> <li>• Fatigue</li> </ul>	<p>ROLE OF NUTRIENT</p> <ul style="list-style-type: none"> <li>• Robust immune function</li> <li>• Anti-inflammatory</li> <li>• Healthy digestion</li> <li>• Thyroid function</li> <li>• Brain function</li> <li>• Anti-aging</li> <li>• Energy</li> </ul>
ZINC	<p>SIGNS YOU'RE NOT GETTING ENOUGH</p> <ul style="list-style-type: none"> <li>• Thyroid problems (hair loss, feeling cold, thinning eyebrows, irritability)</li> <li>• Sleep disruption</li> <li>• Brittle nails</li> <li>• Dull, dry hair</li> <li>• Lower immunity</li> <li>• Low sex drive</li> <li>• Weight gain</li> <li>• Diarrhea</li> </ul>	<p>ROLE OF NUTRIENT</p> <ul style="list-style-type: none"> <li>• Libido (testosterone production)</li> <li>• Learning and memory</li> <li>• Controls inflammation</li> <li>• Digestive health</li> <li>• Thyroid function</li> <li>• Immune system</li> <li>• Skin health</li> </ul>
NIACIN	<p>SIGNS YOU'RE NOT GETTING ENOUGH</p> <ul style="list-style-type: none"> <li>• Skin irritation and breakouts</li> <li>• Digestive distress</li> <li>• Canker sores</li> <li>• Depression</li> <li>• Headache</li> <li>• Fatigue</li> </ul>	<p>ROLE OF NUTRIENT</p> <ul style="list-style-type: none"> <li>• Skin health</li> <li>• Blood pressure</li> <li>• Mood (serotonin)</li> <li>• Healthy digestion</li> <li>• Genomic stability</li> <li>• Anti-aging (NAD formation)</li> <li>• Healthy cholesterol levels</li> </ul>
BIOTIN	<p>SIGNS YOU'RE NOT GETTING ENOUGH</p> <ul style="list-style-type: none"> <li>• Tingling and numbness in extremities</li> <li>• Rash on face</li> <li>• Weight gain</li> <li>• Depression</li> <li>• Hair loss</li> <li>• Fatigue</li> </ul>	<p>ROLE OF NUTRIENT</p> <ul style="list-style-type: none"> <li>• Healthy metabolism</li> <li>• Weight management</li> <li>• Healthy skin and hair</li> <li>• Gene expression</li> </ul>
THIAMINE	<p>SIGNS YOU'RE NOT GETTING ENOUGH</p> <ul style="list-style-type: none"> <li>• Problems with short term memory</li> <li>• Muscle weakness</li> <li>• Poor appetite</li> <li>• Nerve pain</li> <li>• Fatigue</li> <li>• Irritability</li> <li>• Depression</li> </ul>	<p>ROLE OF NUTRIENT</p> <ul style="list-style-type: none"> <li>• Nervous system health</li> <li>• Digestive health</li> <li>• Healthy metabolism</li> <li>• Energy levels</li> <li>• Boosting mood</li> <li>• Heart health</li> <li>• Memory</li> </ul>
CALCIUM-D-GLUCARATE	<p>SIGNS YOU'RE NOT GETTING ENOUGH</p> <ul style="list-style-type: none"> <li>• Poor detoxification</li> <li>• Hormonal imbalance</li> <li>• Mood swings</li> <li>• Skin breakouts</li> <li>• Weight gain</li> <li>• Headaches</li> <li>• Breakthrough bleeding</li> </ul>	<p>ROLE OF NUTRIENT</p> <p>Supports phase II detoxification of hormonal metabolites and environmental toxins in the liver.</p>