



# VitaPerform

Looking for that edge? Want to maximize your athletic performance. We have developed an infusion tailored to helping you be your best. We mix L- Arginine, B12, B complex, Glutathione and L-Carnitine to help you reach your full potential. L-Arginine is an amino acid that has been shown to increase the release of growth hormone from the pituitary gland.



0.9% Normal Saline 500-1000 ml of fluids.

**B1 (Thiamine)** is an essential component of the body's metabolic machinery. It is also important for proper cardiovascular and neuromuscular health.

**B2 (Riboflavin)** is vital for carbohydrate, fat and amino acid metabolism. It also serves an important role in cardiovascular health, collagen formation and reducing signs of premature aging.

**B3 (Niacin)** is renowned for its cardiovascular benefits. It is also known to improve mental function and repair damaged skin.

**B5 (Dexpanthenol)** is required for the production of coenzyme A. Coenzyme A is fundamental to the metabolism of fatty acids for energy.

**B12 (Hydroxycobalamin)** is required by the body to make red blood cells, nerves and DNA. It has been shown to reduce levels of homocysteine, owing to its cardiovascular importance. B12 has so many functions, none more important than its role in carbohydrate metabolism.

**Vitamin C (Ascorbic Acid)** is essential for healthy, youthful skin. Ascorbic acid is required for collagen formation and maintenance. It is also important in supporting a healthy immune system, lowering triglycerides and cholesterol.

**L-Carnitine** is essential in the breakdown of fatty acids for fuel and thus plays a crucial role in energy metabolism. It has been found to increase endurance, enhance weight loss, prevent muscle damage and regulate blood sugar.

**L-Arginine** improves immune function, plays a role in detoxification and stimulates the overall release of multiple hormones including growth hormone. It has also been found to lower overall inflammation, lower blood pressure, improve mental function and improve athletic performance.

**Glutathione** is the Mother of All Antioxidants. It is active in the repair of daily cell damage.

**Glycine** plays an important role in building lean muscle mass, the production of growth hormone and reducing inflammation. It is also essential in the production and maintenance of collagen, therefore reducing the signs of aging. Important in reducing the effects of stress and anxiety, and in boosting mental performance and memory.