

BALANCE AND BURN

NUTRAPRO SPECTRUM

A **general multivitamin** provides a broad spectrum of essential vitamins and minerals that helps fill common dietary gaps and supports foundational cellular function across multiple systems. By supplying nutrients such as B vitamins for energy metabolism, vitamin D and magnesium for immune and musculoskeletal health, antioxidants like vitamins C and E for oxidative stress protection, and trace minerals such as zinc, selenium, and iodine for immune, thyroid, and enzymatic activity, a daily multivitamin can promote steady energy, cognitive clarity, metabolic efficiency, and overall resilience.

While not a substitute for a nutrient-dense diet, consistent use may help prevent subclinical deficiencies, support recovery during periods of stress or illness, and provide a reliable nutritional “safety net,” particularly for individuals with restricted diets, increased physiological demands, or environmental or inflammatory stressors that raise micronutrient needs.

COQ10

A fat-soluble, vitamin-like compound found in nearly every cell where it plays a central role in **mitochondrial energy production and cellular antioxidant protection**. As a key component of the electron transport chain, CoQ10 helps convert nutrients into ATP, making it essential for high-energy tissues such as the heart, brain, and skeletal muscle. Supplementation may support **cardiovascular health, exercise tolerance, and recovery**, reduce oxidative stress and inflammation, and improve symptoms of fatigue or statin-associated muscle discomfort, as statin medications can lower endogenous CoQ10 levels.

Clinically, CoQ10 is often used to promote **heart function, metabolic efficiency, and mitochondrial resilience**, and may benefit individuals with aging-related energy decline, chronic illness, or increased physiological stress. Overall, it acts as both an **energy enhancer and cellular protector**, supporting stamina, tissue repair, and long-term cardiometabolic health.

BALANCE OIL

Linoleic acid (LA, omega-6) and alpha-linolenic acid (ALA, omega-3) are essential polyunsaturated fatty acids that the body cannot synthesize and must obtain from food, where they serve as foundational building blocks for **cell membranes, hormone-like signaling molecules, and energy metabolism**. Linoleic acid supports **skin barrier integrity, growth, immune signaling, and normal inflammatory responses**, and is a precursor to arachidonic acid-derived eicosanoids involved in tissue repair and host defense. Alpha-linolenic acid contributes to **cardiovascular and metabolic health**, supports membrane fluidity, and can be partially converted into EPA and DHA, which help regulate inflammation, endothelial function, and brain health.

Together, these fats promote **healthy lipid balance, skin and mucosal integrity, immune resilience, and cardiometabolic stability**, acting as core structural nutrients that enable cells to communicate and function efficiently; maintaining an appropriate omega-6 to omega-3 balance is key to optimizing their benefits and preventing excessive inflammatory signaling.