

Understanding Essential Bioavailable Vitamins & Minerals in Beef Liver

A top source

Vitamin A- Immune, Vision, Skin, anti-inflammatory response, tissue repair, reproductive health, **liver**

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Vitamin B2- Boosting **energy**, skin & eye health, preventing anemia, antioxidant for heart/brain, **liver**

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Vitamin B3- Heart health, cholesterol balance, anti-inflammatory response, brain/skin, **liver** function

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Vitamin B5- Converting food nutrients into **energy**, blood sugar balance, nerve function, skin health

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Vitamin B6- Metabolism, Neurotransmitters/mood, Mental/brain Health, vision, blood vessel health

A top source

Vitamin B7- Hair, Skin, & Nail growth, regulates gene expression, brain/thyroid/adrenal, muscle repair

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Vitamin B9- Red blood cells, aids in cell division, healthy pregnancy, bone metabolism, heart health

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Vitamin B12- Nerve function, **Energy**, Mood, Memory, Heart, Skin, **liver**, 40% of the world is deficient!

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Heme Iron- Anemia, Red blood cells, healthy pregnancy, **energy** levels, more restful sleep

Phosphorus- Bones, 85% used for bone storage, helps produce ATP, **energy**, kidney detox, PH balance

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Copper- healthy metabolism, ATP for **energy**, mood/focus/energy, brain/nerve function, bone/thyroid health

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Choline- Brain and memory, mood, healthy pregnancy, muscle/nerve strength, forming DNA, **liver** function

Zinc- Immune function, hormone balance, fertility, testosterone production, metabolism, **liver** function

Selenium- antioxidant, immune and thyroid function, blood flow, heart health

Hyaluronic Acid- helps maintain collagen, hydrates dry aged skin, lubricates achy joints, supports digestion

Omega 3s- heart and cognitive health, total body inflammation support

COQ10- Supports sustainable natural **energy**, heart & cognitive function, & optimal PH



Understanding the Bioavailable Amino Acid Profile in Beef Liver

Essential
Essential
Essential
Essential
Essential
Essential

Essential
Essential
Essential

Alanine- aids in metabolism and provides energy for **muscles**, brain, and central nervous system

Arginine- stimulates immune function, fights fatigue, and optimizes heart health

Aspartic Acid- nervous system function, hormone production, fertility

Cystine- The main protein found in hair, skin, and nails, and is crucial for collagen production and skin health

Glutamic Acid- Supports metabolic processes, digestion, brain health, and **muscle growth**

Glycine- functions as a neurotransmitter to support brain health

Histidine- maintains the health of myelin sheaths in the body, which protects nerve cells against damage

Isoleucine- aids in detoxification, immune function, and hormone regulation

Leucine-involved in **protein synthesis**, wound healing, blood sugar control, and metabolism

Lysine- vital for growth and tissue repair as well as the production of several hormones, proteins, and enzyme

Methionine- keeps skin elastic and helps strengthen the hair and nails

Phenylalanine- helps produce other amino acids and neurotransmitters like dopamine and norepinephrine

Proline- helps promote joint health, metabolism, and skin elasticity

Serine- necessary for fat metabolism, immune function, and **muscle growth**

Threonine- forms the foundation of connective tissues like collagen and elastin.

Tryptophan- increases levels of serotonin, a neurotransmitter that regulates mood, pain, appetite, and sleep

Tyrosine- helps synthesize thyroid hormones, melanin, and epinephrine

Valine- supports brain function, **muscle coordination**, and calmness



*source- <https://draxe.com/nutrition/essential-amino-acids/>

*Amino Acids are the building blocks of all proteins in the body. They assist in wound healing, hormone production, immune function, muscle growth, energy production, & more! Purely Liver contains 9/9 essential amino acids and 18/20 total amino acids!