

## What Vitamins and Minerals are in Encompass 360?



### Encompass 360 contains the Reference Daily Intake or Recommended Daily Intake (RDI) of 13 essential vitamins.

Vitamin A	240%
Vitamin C (Ascorbic)	830%
Vitamin D (Cholecalciferol)	150%
Vitamin E (Tocopherol)	610%
Vitamin K	170%
Vitamin B1 (Thiamine)	750%
Vitamin B2 (Riboflavin)	660%
Vitamin B3 (Niacin)	100%
Vitamin B5 (Biotin)	100%
Vitamin B5 (Pantothenic)	380%
Vitamin B6 (Pyridoxine)	570%
Vitamin B9 (Folate)	150%
Vitamin B12 (Cobalamine)	1000%

### Encompass 360 contains 9 Essential Minerals

Calcium  
Magnesium  
Zinc  
Selenium  
Copper  
Manganese  
Chromium  
Molybdenum  
Sodium and  
70 Ionic Trace Minerals  
Iron, Phosphorus, Potassium, Iodine, Chloride, etc.

### What Vitamins and Minerals in Encompass 360 support healthy looking skin:

- Vitamin A supports soft tissue and has been shown to help reduce wrinkles, fade brown spots and smooth roughness
- Vitamin C is necessary for the growth and repair of tissues. It also forms collagen, a protein used to make skin and help protect it from the sun.
- Vitamin E acts as a cell membrane protector, guarding what comes in and out. When combined with Vitamin C, it protects against UV damage.

### What Vitamins and Minerals in Encompass 360 are good for my hair?

- Vitamin D is important for hair follicle cycling, especially those who live in Northern areas where sun is limited during winter seasons.
- B-complex vitamins, such as biotin and niacin help restore shine and thickness to hair strands.
- Vitamin E has a positive effect on the skin of the scalp.
- Vitamin A helps the scalp to produce healthy sebum. Sebum is a tight yellow fluid produced by the body to keep the skin moisturized.

## What Vitamins and Minerals in Encompass 360 can help give me energy?



- B-complex Vitamins (B1 Thiamine, B2 Riboflavin, B3 (Niacin), B5 (Biotin, B5 (Pantothenic), B6, B9 (Folate), B12) are important for the functioning and machinery of the cell to make energy.
- Cobalt without this mineral, Vitamin B-12 could not exist.
- Vitamin D helps reduce the drowsiness we get.
- Phosphorus helps the body make energy.
- Magnesium helps the body create energy and make proteins.
- Sulfur helps us digest the food that we eat and then turn it into energy.

## What Vitamins and Minerals in Encompass 360 can help my bones?

- Vitamin D is necessary for strong bones and muscles. Without Vitamin D, our bodies cannot effectively absorb calcium, which is essential to good bone health.
- Vitamin A is a family of fat-soluble compounds that play an important role in bone growth and formation.
- Vitamin K also helps bones by regulating calcium.
- Phosphorus helps form healthy bones and teeth.
- Calcium builds strong bones and teeth.
- Magnesium helps keep bones strong.
- Manganese is critical to the metabolism of bones and is essential for enzyme reactions.

## What Vitamins and Minerals in Encompass 360 support healthy blood?



- Vitamin C also improves the tone of blood vessels. It can help improve circulation in diabetics and increase the activity of the amino acid L-arginine.
- B vitamins also play a role in blood circulation. Vitamin B3 (Niacin) not only lowers cholesterol, which can lead to circulatory problems, but it also helps keep blood from clotting abnormally.
- Zinc helps the body eliminate several toxic heavy metals, including cadmium, aluminium, lead and excess copper.
- Chromium is essential to the enzyme system that works with insulin in the processing of glucose (sugar).
- Iron helps red blood cells carry oxygen to all parts of the body.

## What Vitamin and Minerals in Encompass 360 support my heart?

- Vitamin E helps keep your cholesterol down and gets rid of cholesterol build-up in your blood veins so your heart has an easier time pumping blood.
- Vitamin C also helps protect your hear and works to prevent heart disease.
- Vitamin B3 (Niacin) has been shown to raise your healthy cholesterol levels.
- Vitamin K helps prevent calcification of your arteries, making your hearts job a little easier.
- Magnesium steadies the rhythm of your heart.

## What Vitamins and Minerals in Encompass 360 helps maintain healthy brain and nervous systems?

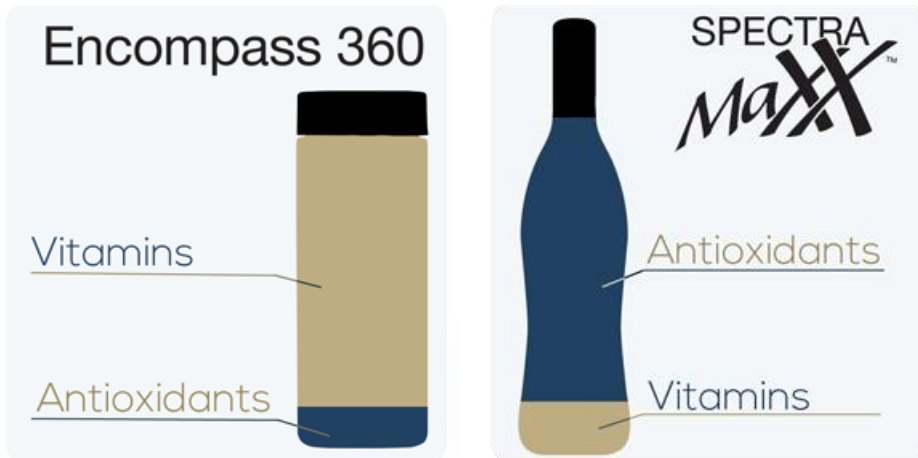
- Vitamin B12 maintains the health of your nerve cells and boosts the production of myelin, which sheathes your nerve fibers and helps insulate against the brain's electrical impulses.
- Zinc helps protect your nerve and brain tissue.
- Manganese is essential for a healthy brain and nervous system.

## What Vitamins and Minerals in Encompass 360 are good for my immune system?

- Vitamin C supports the body's defense system by protecting the integrity of cells, and affecting the production and function of white blood cells.
- Vitamin D is necessary for a well functioning immune system. Researchers have found Vitamin D receptors on most immune cells too suggesting immune-supporting properties.
- Vitamin E is responsible for producing the cells that help your body fight off germs.
- Sulfur defends body cells from environmental hazards such as air pollution and radiation.

### How do Encompass 360 and SpectraMAXX™ work together?

Encompass 360 is a vitamin and mineral supplement with some antioxidants, while SpectraMAXX™ is a powerful antioxidant boost with some trace vitamins and minerals.

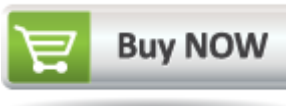


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**Source:** Sisel Official Website for Frequently Asked Questions

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