

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?

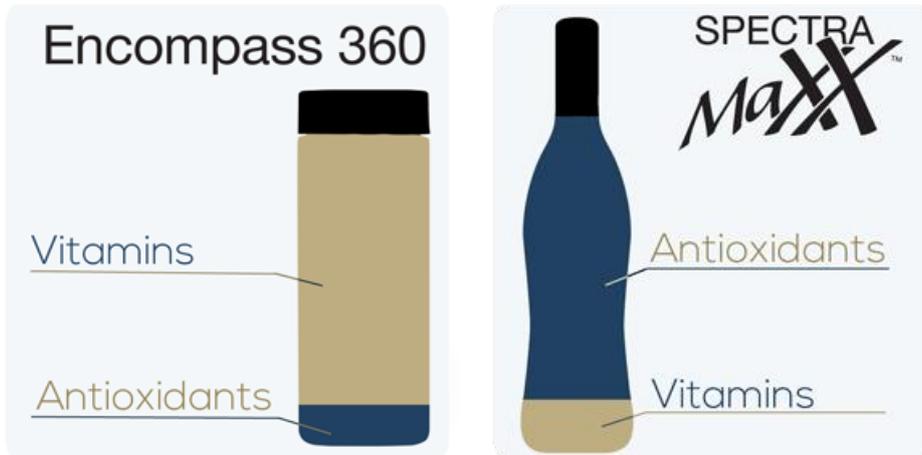
- Vitamin B12 maintains the health of your nerve cells and boosts the production of myelin, which sheathes your nerve fibers and helps insulate against the brain's electrical impulses.
- Zinc helps protect your nerve and brain tissue.
- Manganese is essential for a healthy brain and nervous system.

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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