

# 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

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**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

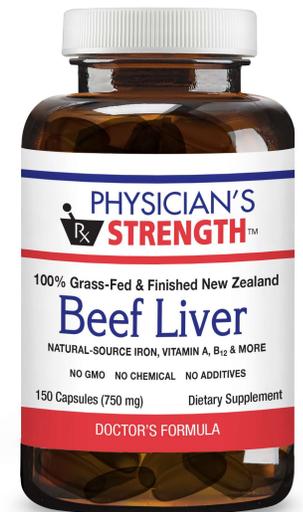
**Zinc-** Immune function, hormone balance, fertility, testosterone production, metabolism, **liver** function

**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

**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!