

# 24K Ingredient Facts

Your Independent Reliv Distributor is: Tan Kok Hui (RCN: 1491227960)

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## Break the Fatigue Cycle



Most popular energy products rely on caffeine and sugar to provide a quick jolt. This can cause an unhealthy spike in heart rate and blood sugar, leading to an inevitable crash. 24K™ offers a healthy new solution by addressing the underlying problem — the Fatigue Cycle.

Physical fatigue and mental fog go hand-in-hand, and stress is a leading contributor to both. 24K's comprehensive formula addresses all three factors. Rather than masking symptoms with stimulants, 24K nourishes your body, providing the fuel for healthy, real energy.

24K contains 24 powerful ingredients backed by clinical research and formulated synergistically to tap into your body's natural vitality and promote peak performance. All 24 ingredients work together and strengthen one another for results that are immediate, lasting and beneficial to overall health.



Learn more at [reliv.com/24K](http://reliv.com/24K)

Ingredient	Benefits	Focus	Energy	Stress Relief
Acetyl L-Carnitine	Important for brain bioenergetics; transports fatty acids essential for the production of energy for metabolism.	✓		
Alpha GPC	Source of brain-boosting nutrient choline and precursor for the synthesis of 24K ingredient Phosphatidylserine (PS).	✓		
Blueberry Extract	Improves memory by aiding brain receptor sensitivity and signal transduction deficits.	✓		
Huperzine A (as Memorzine™)	Blocks Acetylcholinesterase, which breaks down Acetylcholine, a neurotransmitter key to memory, intelligence and mood mediation.	✓		
Choline Bitartrate	Needed for the manufacture of the neurotransmitter Acetylcholine; essential nutrient in the metabolism of fats.	✓		
Turmeric Root (Curcuma longa)	Anti-inflammatory that helps prevent platelet aggregation and improves blood circulation.	✓		
Ginkgo Biloba Extract (Salisbura adiantifolia)	Increases blood flow to the brain, strengthens brain cells and increases neurotransmission.	✓		

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Grape Seed Extract ( <i>Vitis vinifera</i> )	Useful in promoting cognitive performance by reducing age-related oxidative damage.	✓		
Inositol	Participates in the action of serotonin, a neurotransmitter known to be a factor in promoting feelings of well-being.	✓		
Periwinkle Extract ( <i>Vinca minor</i> L.)	Memory enhancer that increases blood flow in the brain and energy available to neurons.	✓		
Sharp PS Green (Phosphatidylserine)	Supports neuron generation and boosts blood flow to the brain; plays a pivotal role in cerebral nerve transmission.	✓		
Omega 3 Fatty Acids	Improves communication between the brain cells by making cell membranes more fluid; aids in energy production.	✓	✓	
Resveratrol	Improves blood flow in the brain for cognitive function; helps muscles use oxygen more efficiently to enhance performance.	✓	✓	
Taurine	Binds to A-beta proteins and reduces the deposition and toxic effects of these proteins in the brain.	✓	✓	
Vitamin B12 (Cyanocobalamin)	Improves memory; essential to energy generation.	✓	✓	
Vitamin B6 (Pyridoxine HCL)	Needed for synthesis of neurotransmitters; essential to energy generation.	✓	✓	
CarnoSyn® Beta Alanine	Reduces fatigue, improves strength and endurance.		✓	
L-Carnitine	An amino acid that plays a vital role in the transportation of fats into mitochondria, as well as assisting in the production of acetylcholine.		✓	
Coenzyme Q10	Strong antioxidant; brain-enhancing nutrient and essential to cellular energy production.		✓	
Gamma Aminobutyric Acid (GABA)	Neurotransmitter that controls the brain's theta waves; increases endorphins and reduces anxiety.			✓
L-Theanine	Directly stimulates the production of alpha brain waves, creating a state of relaxation and mental alertness; aids in the formation of GABA.			✓
Wild Green Oat	Helps to improve overall mental fitness and supports cognitive performance in stressful situations.			✓
Serenzo™	Relieves stress; reduces inflammation caused by stress.			✓
Valerian Root Extract ( <i>Valeriana officinalis</i> L.)	Produces alert relaxation - energy without jitters; has an affinity for GABA receptors.			✓