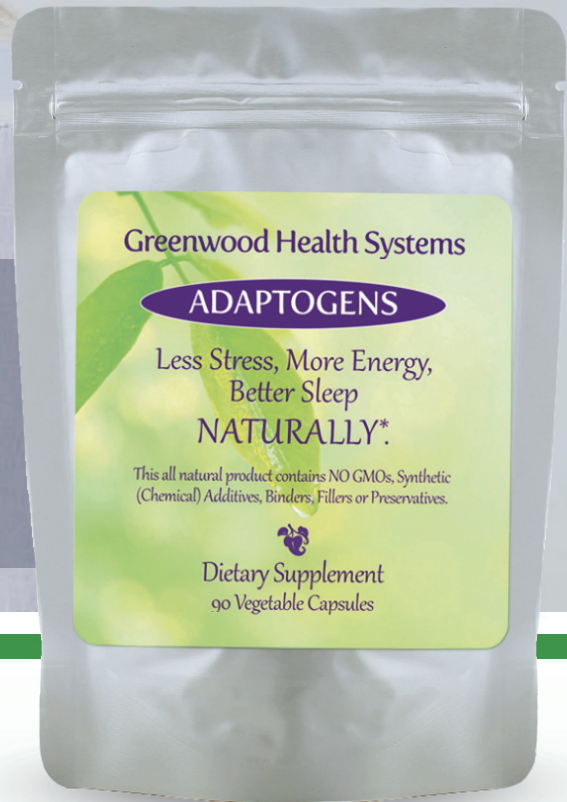




Adaptogens

Imagine how much better our quality of life would be if we could eliminate the negative effects of the stressors we are subject to each day.



ADAPTOGENS

Adaptogens are herbs that help us adapt to the environment as well as any forms of stress that might be around us.

Each day we are subjected to mental, physical, emotional and environmental stressors that all have a negative effect on our overall health and the amount we are exposed to each day varies. It is estimated that as many as 80% of all doctors visits are for stress-related conditions.

Imagine how much better your quality of life would be if your stress was lessened, or if you could sleep like a baby every night. If feeling depressed all day, was a thing of the past. If you had lots of energy. If you could normalize your weight. If inflammation and joint pain you've been told is a normal part of the aging process, disappeared. If your libido returned. If you could strengthen your immune system.

Adaptogens offers tremendous potential for assisting with these challenges.



GREENWOOD
HEALTH SYSTEMS

Optimum Health, Naturally

Did you know it is estimated that as many as 80% of all doctor visits are for stress-related conditions.

Adaptogens help us adapt to the environment and forms of stress surrounding us.

Imagine how much better your quality of life would be if...

- If you did not continually feel stressed-out.
- If you could sleep like a baby every night.
- If feeling depressed all day, was a thing of the past.
- If you did not suffer from a lack of energy that required you to consume energy drinks, cup after cup of coffee, or sugar-laden snacks all day... just to make it through the day.
- If you could normalize your weight.
- If the inflammation and joint pain you have been told is a normal part of the aging process, disappeared.
- If you could regain the libido you once enjoyed.
- If you could strengthen your immune system and become less susceptible to many of the health challenges that seem to plague many of us as we age.

Some of the known benefits of ADAPTOGENS:

- PROTECTS** the body from stress, decrease the feeling of being stressed-out, and increase the overall feeling of well-being.*
- ENHANCES** immune system protection.*
- IMPROVES** athletic performance and stamina.*
- INCREASES** energy levels.*
- IMPROVES** learning, memory and reaction times.*
- PROMOTES** better sleep patterns.*
- IMPROVE** circulation.*
- INCREASE** sexual potency.*

Our unique Adaptogenic formula contains 25 natural ingredients specifically formulated to deliver a synergistic range of life-changing benefits.



Ashwagandha: (also known as winter cherry) is an adaptogenic herb has been used in India for centuries to enhance the body's resistive functions during high-stress situations.

In a large clinical trial, ashwagandha reduced levels of the hormone cortisol by up to 26% while maintaining already normal blood sugar levels and lipid profiles. Subjects who took the

standardized ashwagandha extract reported improvements in energy, sleep and wellbeing, as well as diminished fatigue. Additional research suggests that ashwagandha confers neuroprotection by supporting the regeneration of axons and dendrites, nerve cell components that support brain and nervous system function

Some of the findings of over 200 ashwagandha studies are summarized below:

- confers immune system protection
- combats the effects of stress
- improves learning, memory, and reaction time
- reduces anxiety and depression without causing drowsiness
- stabilizes blood sugar
- lowers cholesterol
- reduces brain cell degeneration
- contains anti-malarial properties
- offers anti-inflammatory benefits

Some studies have also found that ashwagandha inhibits the growth of cancer cells in small animals, but further research is needed to determine whether the herb prevents the development of tumors in human beings. The key to its effectiveness lies in constituents known as withanolides, which help normalize a wide range of biochemical functions.



Schizandra: (or schizandra) has been used in traditional Chinese medicine for over 2,000 years.

As an adaptogen, schizandra is a potent general tonic, decreasing fatigue, enhancing physical performance, and promoting endurance. The berry counters stress by reducing the levels of stress hormones in the blood. Additionally, schizandra offers great benefits for athletes. In human studies, schizandra berry and its extracts have improved performance among long-distance runners, skiers and gymnasts. For this reason, schizandra berry is often found on the training tables of Chinese athletes.

Schizandra also offers special benefits for the mind. Several human studies show that schizandra extract improves concentration, coordination and endurance. Schizandra helps to prevent mental fatigue and increases accuracy and quality of work. In various human clinical studies with doctors, students, soldiers and other groups, schizandra demonstrated superior mind-sharpening powers.

As if all these benefits were insufficient, schizandra also offers first-rate liver-protective benefits. Schizandra helps in the treatment of hepatitis, as noted in over 500 cases. In fact, an anti-hepatitis drug was developed from Schisandrin C.



Rhodiola Rosea: a remarkable herb that has a wide and varied history of uses. It is thought to strengthen the nervous system, fight depression, enhance immunity, elevate the capacity for exercise, enhance memory, aid weight reduction, increase sexual function and improve energy levels. It has long been known as a potent adaptogen.

Rhodiola has a legendary history dating back thousands of years. In 77 A.D., the Greek physician, Dioscorides, documented the medical applications of the plant, which he then called rodia riza in his classic medical text De Materia Medica. The Vikings depended on the herb to enhance their physical strength and endurance, while Chinese emperors sent expeditions to Siberia to bring back "the golden root" for medicinal preparations. The people of central Asia considered a tea brewed from Rhodiola rosea to be the most effective treatment for cold and flu. Mongolian physicians prescribed it for tuberculosis and cancer.

Research on Rhodiola rosea and other medicinal herbs was part of the Soviet Union's great push to compete with the West in military development, the arms race, space exploration, Olympic sports, science, medicine, and industry. It is a popular plant in traditional medical systems in Eastern Europe and Asia, with a reputation for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating fatigue, and preventing high altitude sickness.

In just the past few years, ongoing research has revealed even more diverse benefits of rhodiola. These include protecting the nervous system against oxidative stress, enhancing healthy sleep, lifting depressed mood, relieving anxiety, and maintaining blood sugar within a healthy range.

Recent research confirms that rhodiola has potent antioxidant effects that protect nervous system cells. A study at the Jiangsu Institute of Nuclear Medicine in China showed that salidroside, an active constituent found in rhodiola, protects human neuron cells from oxidative stress in several ways, including inducing several antioxidant enzymes. By protecting cells of the nervous system against oxidative

Directions for use: Take three capsules each morning.

Supplement Facts:

Serving size: 3 capsules Servings per container: 30

| | Per Serving | %Daily Value |
|--|-------------|--------------|
| Vitamin A (Beta Carotene) | 5,000IU | 100% |
| Vitamin C (As 50% Calcium Ascorbate & 50% Magnesium Ascorbate) | 360mg | 600% |
| Vitamin D3 (Cholecalciferol) | 2,000IU | 500% |
| Vitamin B1 Thiamine (Thiamine HCl) | 30mg | 2000% |
| Vitamin B2 Riboflavin | 30mg | 1765% |
| Vitamin B3 Niacin (Niacinamide) | 30mg | 150% |
| Vitamin B5 Pantothenic Acid (d-Calcium Pantothenate) | 30mg | 300% |
| Vitamin B6 (Pyridoxine HCl) | 100mg | 5000% |
| Vitamin B9 Folic Acid (Folate) | 400mcg | 100% |
| Vitamin B12 (Methylcobalamin) | 400mcg | 6667% |
| Calcium (Calcium Ascorbate) | 30mg | 3% |
| Magnesium (Magnesium Ascorbate) | 30mg | 8% |
| Copper gluconate | 560mcg | * |
| Adaptogen Proprietary Blend | 1155.8mg | * |
| Ashwagandha Extract (Root) Withania somnifera, Schizandra Extract (Fruit) Schisandra chinensis, Rhodiola Extract (Root) Rhodiola rosea, Ginseng (Root) Panax ginseng, Shiitake Mushroom (Whole) Lentinus edodes, Maca (Root) Lepidium meyenii, Holy Basil (Leaf) Ocimum sanctum, Maral (Root) Rhaponticum carthamoides | | |
| Wellness & Joint Support Proprietary Blend | 709.2mg | * |
| Chlorella vulgaris, Turmeric Extract (Root) Curcuma longa, L-Glutamine, Taurine, L-Tyrosine, Betaine Anhydrous (Trimethylglycine) TMG, Cayenne pepper (Fruit) Capsicum annuum, Trace Mineral Blend | | |

†Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established

Other Ingredients: Vegetable Cellulose (Capsule), Rice Bran Extract, Rice Concentrate

*Caution: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure or prevent any disease. Please consult your physician before use. Store in a cool, dry place. Keep out of reach of children.

Proudly Manufactured in the USA for

Greenwood Health Systems, Inc., Hutchinson, KS, 67501

stress-induced cell death, salidroside could be used "for treating or preventing neurodegenerative disease implicated with oxidative stress," the scientists noted.



Panax Ginseng: (AKA Asian Ginseng) is one of the most highly regarded of herbal medicines in the Orient, where it has gained an almost magical reputation for being able to promote health, general body vigor, to prolong life and treat many ailments including depression, diabetes, fatigue, ageing, inflammations, internal degeneration, nausea, tumors, pulmonary problems, dyspepsia, vomiting, nervousness, stress, and ulcers.

Asian Ginseng is one of the most highly regarded of herbal medicines in the Orient, where it has gained an almost magical reputation for being able to promote health, general body vigor, to prolong life and treat many ailments including depression, diabetes, fatigue, ageing, inflammations, internal degeneration, nausea, tumors, pulmonary problems, dyspepsia, vomiting, nervousness, stress, and ulcers.

Ginseng has been used to both stimulate and relax the nervous system. It increases capillary circulation in the brain and decreases the effects of stress. Though there are many kinds of ginsengs in the world but they cannot rival Asian Ginseng in ingredients and medicinal effects. It contains as many as 29 different ginsenosides while the others contains 8-9.

Asian Ginseng contains anti-aging substances such as anti-oxidants and insulin-like substances, which are not found in any other type of ginseng.



Holy Basil (*Ocimum sanctum*): is a member of the mint, or Labiateae, family. Also known as "Tulsi" or "The Incomparable One," holy basil is one of the most sacred plants in India.

Holy basil is a powerful antioxidant with demonstrated antibacterial, antifungal, and anti-inflammatory properties. In Ayurvedic medicine, holy basil has been used to treat a variety of

conditions - everything from the common cold to bronchitis to fever to certain digestive complaints, including ulcers.

Although many of these treatments are still unproven by conventional testing, modern science is now taking a closer look at this fascinating herb. In the past decade, a number of scientific studies have focused on the effects of holy basil. Some investigations have shown great promise, suggesting holy basil may indeed prove effective in those customary uses. But science has even looked beyond the traditional scope, studying the herb for its therapeutic potential in cancer, specifically as an adjuvant to radiation therapy, and even for its stabilizing effects in diabetes.

The most compelling data, however, suggests that holy basil possesses its greatest potential in the areas of stress relief and relaxation. Multiple scientific studies examining this property of Holy Basil have found that supplementation with various extracts of holy basil decrease stress hormone levels, corticosterone in particular.



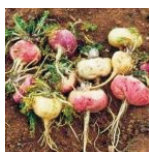
Maral Root (*Rhaponticum Carthamoides*): Also known as maral root, *Rhaponticum Carthamoides* is an herbaceous perennial that grows between 4,500-6,000 feet above sea level. The plant can be found growing wild in Southern Siberia, Kazakhstan, the Altai region, and Western Sayani. *Rhaponticum* is also cultivated throughout Russia and Eastern Europe. *Rhaponticum* derives its traditional name, maral root from the maral deer who feed on it.

As a traditional remedy, *Rhaponticum* has been used to allay fatigue, treat impotence, speed up recovery from illness, and improve mood in cases of mild depression.

Modern research conducted in Russia and Eastern Europe indicates that maral root may indeed exert a beneficial effect cases of impotence, improve memory and learning, increase working capacity of tired skeletal muscles, and possess anabolic and adaptogenic properties.

Rhaponticum Carthamoides contains a number of antioxidant flavonoids and natural sterols, including a substance called 20-Hydroxyecdysone, which has been shown to increase protein production at the cellular level, and in turn enhance the production of muscle tissue. Research conducted in Russia shows that extracts of *Rhaponticum* can significantly increase muscle mass, while decreasing body fat in athletes who use it while exercising. Research also shows that *Rhaponticum* extract can help to increase work capacity and endurance, while reducing mental and physical fatigue.

Additional scientific studies performed on *Rhaponticum* have shown this herb improves overall physical performance, and shortens recovery time after an intense workout. Observations of the influence of *Rhaponticum* on the cardiovascular system have shown that its ability to increase physical work capacity is partially due to its ability to improve food supply to the muscles and brain.



Maca is the powdered root of the *Lepidium Meyenii* plant and is an adaptogenic famous for longevity, endurance, and fertility. Known for its ability to support healthy energy levels, maca has been used by the Incas as a kind of "Incan superfood" for thousands of years.

Maca root helps balance our hormones and due to an over

abundance of environmental estrogens, most people's hormones are a bit out of whack. Maca stimulates and nourishes the hypothalamus and pituitary glands which are the "master glands" of the body. These glands actually regulate the other glands, so when in balance they can bring balance to the adrenal, thyroid, pancreas, ovarian and testicular glands.

Instead of providing hormones to the body, maca works as an adaptogen which means that it responds to different bodies' needs individually. If you're producing too much of a particular hormone, maca will regulate the production downward. However, if you're producing too little, it'll regulate the production upward.

Hormones regulate many things including mood, growth, sexual development, and tissue function. Hormones also play a role in many diseases, like cancer and depression.

Maca has been shown to be beneficial for all sorts of hormonal problems including PMS, menopause, and hot flashes. Maca is also a fertility enhancer and is best known for improving libido and sexual function, especially in men. For this reason, it's earned the nickname "nature's Viagra."



Shiitake Mushrooms: Long a symbol of longevity in Asia because of their health-promoting properties, shiitake mushrooms have been used medicinally by the Chinese for more than 6,000 years.

Although immune system support has often received much of the spotlight in shiitake mushroom research, recent study results involving support of the cardiovascular system have caught the attention of many researchers. In particular, recent studies have shown the ability of shiitake mushrooms to help protect us against cardiovascular diseases (including atherosclerosis) by preventing too much immune cell binding to the lining of our blood vessels.

Studies in animals have found antitumor, cholesterol-lowering, and virus-inhibiting effects in compounds in shiitake mushrooms.

Several potential cancer-fighting substances have been found in shiitake mushrooms, and purified forms of these compounds are being studied as treatment for stomach and colorectal cancer.

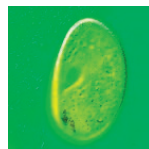
A compound found in shiitake mushrooms, called lentinan is believed to stop or slow tumor growth. Another component, an activated hexose-containing compound (also known as 1,3-beta glucan), is also said to reduce tumor activity and lessen the side effects of cancer treatment.



Turmeric is a spice that comes from the root of *Curcuma longa*, a beautiful flowering tropical plant native to India.

Within the cornucopia of medicinal plants, few possess such a wide spectrum of qualities and medicinal uses as turmeric. For countless centuries, many different cultures have used this wonderful, versatile herb to treat a myriad of diseases and ailments. The most well known medicinal action of turmeric is its use as a powerful anti-inflammatory, the effectiveness of which is comparable to pharmaceutical medicines. However, turmeric has also been found to contain at least 20 compounds that are antibiotic, 14 known cancer preventatives, 12 that are anti-tumor, 12 anti-inflammatory, and at least 10 antioxidants.

Modern science is beginning to recognize and understand the amazing healing qualities of turmeric and much research is currently being conducted.



Chlorella is a potent detoxifier, because it is rich in chlorophyll. When chlorella is taken into your body, it will bind to lingering heavy metals, chemicals and pesticides found in your digestive tract and move them swiftly out of the body. A very unusual feature of chlorella is that while it removes toxins it will not bind to or remove beneficial minerals like calcium, magnesium, or zinc.

Think about that for a moment. Nature has provided us with a single-celled organism that apparently knows which metals belong in your body and which toxic chemicals need to be removed. If chlorella were a pharmaceutical drug, imagine how many billions in profits it would generate. Chlorella has been shown to reduce body-fat percentage and blood-glucose levels and help those suffering from Type 2 diabetes, obesity or heart disease. Its other benefits include boosting energy, aiding digestion and fighting depression.

Ionic Trace Minerals: the most bioavailable form of needed trace minerals, provides 70 charged trace minerals that are ready for absorption. Ionic minerals are easily and quickly absorbed and taken into the cells that line the intestinal tract. These minerals may be readily employed in the body's many physiologic activities, including nutrient transport, enzyme reactions, metabolism help and immune system support. Ionic minerals also play an important role in supporting a healthy pH balance.

Trimethylglycine (TMG): is also called glycine betaine. TMG is a vitamin-like substance and is a methyl donor, chemically speaking, although it also has other beneficial effects.

While plenty of TMG is made in a healthy body, many people do not make enough TMG today. The reason appears to be the presence of certain toxic metals. In

addition, stress, infections, inflammation and other disease conditions may use up what the body makes, so more is needed.

Health benefits of TMG include, prevention of Cardiovascular Disease, improves Athletic Performance by improving the body's Energy levels, increasing Stamina and improving the body's utilization of Oxygen. Increases the body's Energy levels and assists the Liver's efficiency in metabolizing Fatty Acids. TMG detoxifies and stimulates the Liver.

Copper Gluconate: Copper is an essential trace mineral that is present in all body tissues. Copper Gluconate is a readily absorbable form of copper.

Copper is one of the most important blood antioxidants and prevents the rancidity of poly-unsaturated fatty acids. It also helps keep cell membranes healthy and is active in the storage and release of iron to form hemoglobin for red blood cells. Copper is also considered part of a group of energy nutrients. These also include B1, B2, B3, B5, iron, and magnesium. These nutrients are needed by our bodies to convert glucose within cells into energy. In addition, copper gluconate is required for producing the protective myelin sheath around the nerves. It may also act as an immune system booster, and help keep nerves and bones healthy.

Other potential benefits of copper gluconate include: helping with high cholesterol, osteoporosis, wound healing, benign prostatic hyperplasia, cardiac arrhythmia, hypoglycaemia, peripheral vascular disease, osteoarthritis, and rheumatoid arthritis.

Taurine and Tyrosine: Taurine is a semi-essential amino acid that plays a specialized role as an ion and pH buffer in the heart, skeletal muscles and central nervous system. Commonly found in a variety of meats, dairy products and eggs, the amino acid Taurine can be obtained from the diet in minimal amounts. Unfortunately, physical activity depletes our Taurine reserves faster than most people can produce it. As a result, vegetarians, athletes and individuals lacking meat in their diets are at the greatest risk for deficiency.

Tyrosine is an amino acid that your body produces from phenylalanine (another type of amino acid). Also found in a number of foods (including meat, fish, eggs, dairy, eggs, nuts, legumes, and oats).

Tyrosine is essential to your body's production of melanin (a type of pigment) and several key brain chemicals (including dopamine and norepinephrine). Tyrosine also plays an important role in the function of the adrenal, thyroid, and pituitary glands, which are involved in producing and regulating your hormones.

NOTE: We use these two amino acids in our formula as our own product testing has shown that in the quantities we use, they increase the effectiveness of our adaptogenic ingredients.

Vitamins

Vitamin A: "Vitamin A" is the blanket term for retinoids—biologically-active compounds that occur naturally in both plant and animal tissues. Vitamin A does much more than help you see in the dark. Vitamin A is essential for normal growth, bone development, and reproduction. It is used to help maintain healthy skin and mucous membranes, like the ones that line the nose and mouth. This helps protect against infections in the respiratory, digestive, and urinary tracts. It stimulates the production and activity of white blood cells, takes part in remodeling bone, helps maintain the health of endothelial cells (those lining the body's interior surfaces), and regulates cell growth and division. The vitamin A that comes from animal sources is fat-soluble, and in the form of retinoic acid, retinal and retinol. Because these retinoids are very bioavailable and stored in our tissues, too much animal-derived vitamin A can build up in the body and become toxic. The vitamin A in fruits and vegetables is in the form of "provitamin A" -vitamin A precursors also known as carotenoids.

NOTE: We do NOT use animal sourced Vitamin A, instead we use plant sourced Beta Carotene.

B Complex Vitamins: All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy. These B vitamins, often referred to as B complex vitamins, also help the body use fats and protein. B complex vitamins are needed for healthy skin, hair, eyes, and liver. They are also critical to the proper functioning of the nervous system. All B vitamins are water-soluble, meaning that the body does not store them.

B1 (Thiamine): Vitamin B1's primary purposes are metabolizing carbohydrates, facilitating the release of energy from food, and assisting cardiac and nervous system functions. It's also been shown to strengthen the immune system, reduce stress and neutralize free radicals.

B2 (Riboflavin): Vitamin B2, riboflavin, packs a serious punch in terms of its benefits. It plays an essential role in energy production by helping us metabolize proteins, fats, and carbohydrates, and in the formation of red-blood cells and antibodies. In addition, it ensures proper development of our reproductive organs, tissues, eyes, nervous system, and mucous membranes; regulates thyroid activity; strengthens our antibodies; prevents acne; protects the digestive tract; and helps treat nervous-system conditions such as Alzheimer's, multiple sclerosis, and epilepsy.

B3 (Niacin): Vitamin B3, is especially helpful in improving circulation and lowering LDL cholesterol while raising levels of good (HDL) cholesterol. Niacin is necessary for the formation of red blood cells, and helps maintain healthy blood pressure and blood triglyceride levels. It also supports the central nervous system, and high doses have been known to regulate mood. Finally, it keeps the stomach and intestinal tract working smoothly and, like its brethren, assists our bodies in metabolizing carbs, protein, and fat.

B5 (Pantothenic Acid): Vitamin B5 is a master synthesizer; it facilitates the formation of fats, proteins, amino acids, and antibiotics. Doctors have touted its ability to keep the human heart ticking steadily, and to sustain healthy blood pressure levels. B5 also enhances our immune system and our physical stamina, spurs DNA reproduction, and keeps the hormones that cause stress and anxiety in check. But perhaps its best-known function of all is its contribution to skin health, particularly in warding off signs of early aging.

B6 (Pyridoxine): The superstar of the B complex, vitamin B6 supports more bodily functions than any other vitamin. Acting as a coenzyme for a number of systems, it's what enables our bodies to metabolize amino acids, most notably in the intestines. Without it, serotonin, dopamine, and adrenaline, among other chemicals, could not form. When taken in conjunction with vitamins B9 and B12, it reduces levels of the amino acid homocysteine, which contributes to heart disease and stroke. It's also used for the treatment of sideroblast anemia and even PMS.

Vitamin B9 is essential for human growth and development, encourages normal nerve and proper brain functioning, and may help reduce blood-levels of the amino acid homocysteine (elevated homocysteine levels have been implicated in increased risk of heart disease and stroke). Folic acid or folate may also help protect against cancers of the lung, colon, and cervix, and may help slow memory decline associated with aging.

Pregnant women have an increased need for folic acid: it supports the growth of the placenta and fetus, and helps to prevent several types of birth defects, especially those of the brain and spine. Pregnant women and women of child-bearing age should take extra caution to get enough folic acid.

B12 (Cobalamin): Cobalamin is an effective treatment for high levels of homocysteine, the amino acid whose buildup can cause heart disease. It helps red blood cells form and regenerate, and aids our bodies in manufacturing DNA and RNA. It's also reputed to combat male infertility, pernicious anemia, osteoarthritis, bursitis, and chronic fatigue syndrome, among other conditions. And on the neurological front, it's been shown to fight sleep disorders, memory loss, and depression.

NOTE: Cyanocobalamin and Methylcobalamin are two forms of Cobalamin available for use in nutritional supplements. The most common form used by manufacturers is the inexpensive synthetic Cyanocobalamin, as it is far cheaper (20 times cheaper) than the naturally occurring Methylcobalamin. We do NOT use Cyanocobalamin due to the fact that as the name implies, cyanocobalamin contains a cyanide molecule, that the body needs to remove and then eliminate to convert the cyanocobalamin into methylcobalamin. Methylcobalamin is the specific form of B12 needed for nervous system health. Indications of a potential deficiency of B12 in the nervous system might include numbness, tingling, loss of feeling sensation, burning sensations, muscle cramps, nerve pain and slowness of reflexes. Because of methylcobalamin's importance in nervous system health, it is also an important nutrient for vision. In fact, continued visual work (like work on a computer) often leads to a reduction in something called 'visual accommodation'. Methylcobalamin can significantly improve visual accommodation, while cyanocobalamin appears to be ineffective.

Vitamin C as 50% Calcium ascorbate and 50% Magnesium ascorbate. We do not use Ascorbic Acid as our source of vitamin C as it leaves many people with an upset stomach. Instead we use the more expensive "Buffered" vitamin C sourced from Calcium ascorbate and Magnesium ascorbate.

Vitamin D3: There's overwhelming evidence that vitamin D is a key player in your overall health. This is understandable when you consider that it is not "just" a vitamin; it's actually a neuroregulatory steroid hormone that influences nearly 3,000 different genes in your body. Receptors that respond to the vitamin have been found in almost every type of human cell, from your brain to your bones.

