

# ABOUT DEFENDER SERIES

Dietary supplements play a crucial role in ensuring that military personnel receive the necessary nutrients to support their physical and mental performance during training and combat. These supplements can help bridge any nutritional gaps in their diets, optimize recovery, and enhance overall health and readiness.

Additionally, dietary supplements can provide specific nutrients that may be lacking in military rations or during deployments in challenging environments. Proper supplementation can also help prevent deficiencies and improve immune function, ultimately supporting the overall well-being of military personnel.

By incorporating dietary supplements into their daily routine, military personnel can better meet their nutritional needs and maintain peak performance levels. It is important for military leaders to educate their troops on the benefits of supplementation and encourage them to prioritize their health and well-being.

This can ultimately lead to improved mission readiness and overall effectiveness in the field. Additionally, promoting a culture of health and wellness within the military can help reduce the risk of injuries and illnesses among personnel.

Providing access to resources and information on proper nutrition and supplementation can empower military personnel to make informed decisions about their health. Ultimately, prioritizing the well-being of service members can lead to a stronger and more resilient military force.

By investing in the health and wellness of military personnel, the armed forces can ensure that they are better equipped to handle the physical and mental demands of their duties. This proactive approach can also help to reduce healthcare costs associated with preventable illnesses and injuries.

In addition, promoting a culture of health and wellness within the military can improve morale and overall performance, leading to a more effective and efficient armed forces. By incorporating regular physical fitness programs and mental health resources, the military can create a supportive environment that encourages optimal performance from its personnel.

A HEALTHY SOLDIER  
IS A READY SOLDIER



# DEFENDER MN01

**MAIN APPLICATION:** MN01 COMPLEX is specifically designed for military personnel to meet the rigorous demands of their daily activities. This supplement provides a balanced blend of essential vitamins and minerals to enhance physical and mental performance, support immune function, and promote overall well-being.

## INGREDIENTS:

- **Liposomal vitamin A** supports vision, immune function, and skin health.
- **Liposomal vitamin B1 (thiamine)** essential for energy production and nervous system function.
- **Liposomal vitamin B2 (riboflavin)** helps convert food into energy and supports cellular function.
- **Liposomal vitamin B3 (niacin)** improves circulation and supports healthy cholesterol levels.
- **Liposomal vitamin B5 (pantothenic acid)** aids in the synthesis of coenzyme A, necessary for energy metabolism.
- **Liposomal vitamin B6** supports brain development and immune function.
- **Liposomal vitamin B7 (biotin)** promotes healthy skin, hair, and metabolism.
- **Liposomal vitamin B9 (folate)** crucial for DNA synthesis and cell division.
- **Liposomal vitamin B12** vital for red blood cell formation and neurological function.
- **Liposomal vitamin C** boosts immunity, promotes healing, and acts as an antioxidant.
- **Liposomal vitamin E** protects cells from oxidative stress and supports skin health.
- **Liposomal vitamin D3** enhances calcium absorption, supports bone health, and strengthens the immune system.
- **Liposomal chromium** regulates blood sugar levels and supports metabolism.
- **Nanomicronized copper** is essential for iron absorption and the formation of red blood cells.
- **Liposomal iron** is vital for oxygen transport and energy production.
- **Liposomal magnesium** supports muscle and nerve function, regulates blood pressure.
- **Nanomicronized manganese** involved in bone formation, metabolism, and antioxidant defense.
- **Nanomicronized selenium** protects cells from damage and supports thyroid function.
- **Liposomal zinc** strengthens the immune system and promotes wound healing.

### AVAILABLE FORMS

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# DEFENDER MN02

**MAIN APPLICATION:** MN02 COMPLEX is formulated to meet the high energy demands of military personnel. This supplement provides a powerful blend of ingredients that enhance physical performance, mental alertness, and sustained endurance during challenging missions. With the MN02 COMPLEX, military personnel can maintain peak energy levels, sharp mental focus, and superior endurance, ensuring they're ready to meet any challenge head-on.

## INGREDIENTS:

- **Phytosomal caffeine** is a natural stimulant that increases energy levels, enhances alertness, and improves physical performance by reducing fatigue.
- **Nanomicronized theanine** is an amino acid that promotes relaxation without drowsiness, improving focus and mental clarity, especially when combined with caffeine.
- **Liposomal coenzyme Q10** is a powerful antioxidant that supports energy production at the cellular level, enhances endurance, and aids in muscle recovery.

### AVAILABLE FORMS

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# DEFENDER MN03

**MAIN APPLICATION:** MN03 COMPLEX is designed to provide military personnel with the physical stamina and energy necessary for demanding tasks. This supplement combines powerful ingredients that boost strength, endurance, and recovery.

With the MN03 COMPLEX, military personnel can push their physical limits, maintain high energy levels, and recover faster, ensuring they're always mission-ready.

## INGREDIENTS:

- **Nanomicronized creatine** enhances physical performance by increasing energy production in muscles, improving strength, endurance, and reducing fatigue during intense activities.
- **Nanomicronized taurine** supports cardiovascular health, improves muscle function, and helps maintain electrolyte balance, which is crucial for sustained endurance.

### AVAILABLE FORMS

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# DEFENDER MN04

**MAIN APPLICATION:** MN04 COMPLEX is formulated to support military personnel in recovering quickly after intense physical activities. This supplement combines essential nutrients that promote muscle repair, reduce soreness, and enhance overall recovery.

With the MN04 COMPLEX, military personnel can recover faster, reduce pain, and return to their duties with renewed strength and endurance, ensuring they remain at peak performance.

## INGREDIENTS:

- **Nanomicronized Essential Amino Acids** (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine) are crucial for muscle repair and growth, helping to reduce recovery time and improve muscle strength.
- **Nanomicronized glutamine** supports muscle recovery by replenishing glycogen stores and reducing muscle breakdown after exercise.
- **Nanomicronized carnitine** enhances energy production and reduces muscle soreness, promoting faster recovery and improved endurance.
- **Liposomal gingerol** acts as a natural anti-inflammatory, helping to reduce muscle pain and stiffness, and improving overall recovery.

### AVAILABLE FORMS

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# DEFENDER MN05

**MAIN APPLICATION:** MN05 COMPLEX is specifically designed for military personnel who experience digestive discomfort due to the demanding nature of their work. This supplement combines a comprehensive blend of ingredients to support gut health, alleviate symptoms of IBS, and promote overall digestive wellness.

## INGREDIENTS:

- **Probiotics** support a healthy gut microbiome by introducing beneficial bacteria that improve digestion and reduce IBS symptoms.
- **Prebiotics** serve as food for probiotics, enhancing their effectiveness and promoting gut health.
- **Postbiotics** are by-products of probiotic fermentation, these compounds support the immune system and reinforce gut barrier function.
- **Parabiotics** are non-living microbial cells that provide similar benefits to probiotics, including anti-inflammatory effects and improved gut health.
- **Phytosomal cinnamon** helps reduce bloating and gas, and has anti-inflammatory properties that soothe the digestive tract.
- **Phytosomal dandelion** aids digestion by stimulating bile production and relieving bloating.
- **Liposomal gingerol** reduces nausea and colic while promoting smooth digestion and easing gut discomfort.
- **Liposomal berberine** is known for its antimicrobial properties, it helps maintain gut health and reduce diarrhea.
- **Liposomal silymarin** supports liver health, aiding in detoxification and improving digestion.
- **Phytosomal peony** traditionally used to alleviate abdominal pain and bloating, and it helps soothe the digestive system.
- **Liposomal zinc** supports overall gut health by promoting healing of the gut lining and reducing inflammation.

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# DEFENDER MN06

**MAIN APPLICATION:** MN06 COMPLEX is formulated to address the mental health challenges faced by military personnel. This supplement combines key ingredients that promote relaxation, improve mood, and support healthy sleep patterns, helping to manage the effects of stress, anxiety, and depression. With the MN06 COMPLEX, military personnel can achieve better sleep, improved mood, and reduced anxiety, helping them maintain mental resilience and perform at their best.

## INGREDIENTS:

- **Liposomal GABA (Gamma-Aminobutyric Acid)** is a neurotransmitter that promotes relaxation and reduces anxiety, helping to calm the mind and prepare the body for restful sleep.
- **Nanomicronized 5-HTP (5-Hydroxytryptophan)** is a precursor to serotonin, this compound helps improve mood, reduce symptoms of depression, and promote better sleep by increasing melatonin production.
- **Liposomal magnesium** plays a crucial role in calming the nervous system, reducing stress, and improving sleep quality. It also supports muscle relaxation and overall mental well-being.

### AVAILABLE FORMS

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# DEFENDER MN07

**MAIN APPLICATION:** MN07 COMPLEX is specifically formulated to enhance the cognitive abilities of military personnel. This product leverages the synergistic effects of key nutrients to support brain health, increase mental clarity, and improve memory retention.

With the MN07 COMPLEX, military personnel can expect improved mental acuity, enhanced focus, and better memory retention, ensuring they are always ready and able to tackle complex tasks effectively.

## INGREDIENTS:

- **Nanomicronized arginine** improves blood flow to the brain, which enhances cognitive function and boosts mental performance.
- **Nanomicronized glycine** acts as a neurotransmitter that promotes relaxation and mental focus, while also supporting memory and cognitive processing.
- **Liposomal vitamin B12** is crucial for nerve health and the proper functioning of the brain, B12 is essential for maintaining energy levels and improving memory and focus.

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# DEFENDER MN08

**MAIN APPLICATION:** MN08 COMPLEX is designed to address the specific needs of military personnel who may be at risk of iron deficiency due to rigorous physical demands. This formula combines essential nutrients that facilitate iron absorption and promote healthy blood cell production. With the MN08 COMPLEX, military personnel can maintain optimal iron levels, ensuring energy, vitality, and performance are not compromised by nutritional deficiencies.

## INGREDIENTS:

- **Liposomal iron** is fundamental for the production of hemoglobin, which carries oxygen in the blood, crucial for maintaining energy levels and overall health.
- **Liposomal vitamin C** enhances the absorption of iron from the digestive tract into the bloodstream, maximizing the efficacy of the supplemented iron.
- **Nanomicronized arginine** promotes blood flow, supporting the delivery of oxygen and nutrients to tissues, which is vital for physical health and performance.
- **Nanomicronized glycine** is a component of hemoglobin that helps form healthy blood cells and enhances iron's role in oxygen transport.

### AVAILABLE FORMS

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# DEFENDER MN09

**MAIN APPLICATION:** MN09 COMPLEX is specifically tailored for military personnel, ensuring their skeletal system is robust and resilient under the physical demands of military duties. This supplement integrates essential nutrients that are crucial for bone health and strength. With the MN09 COMPLEX, military personnel can have the confidence that their bone health is supported, allowing them to perform at their best without the risk of bone-related injuries.

## INGREDIENTS:

- **Nanomicronized calcium** is the primary mineral found in bones, crucial for maintaining bone density and strength.
- **Liposomal magnesium** works synergistically with calcium to support bone health and also aids in the absorption and metabolism of calcium.
- **Nanomicronized phosphorus** partners with calcium to build strong bones and teeth.
- **Nanomicronized fluoride** strengthens bone mineral and reduces the risk of osteoporosis.
- **Liposomal vitamin D3** enhances calcium absorption from the gut; a deficiency can lead to weakened bones and increased risk of fractures.

### AVAILABLE FORMS

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# DEFENDER MN10

**MAIN APPLICATION:** MN10 COMPLEX is engineered to support the visual demands of military personnel, enhancing night vision capabilities and reducing the effects of prolonged exposure to screens. This product combines key nutrients known for their benefits to eye health and visual performance.

With the MN10 COMPLEX, military personnel can maintain optimal visual health, enhance their night vision capabilities, and mitigate the effects of computer vision syndrome, ensuring readiness and performance in all conditions.

## INGREDIENTS:

- **Nanomicronized citicoline** boosts brain function and neuroprotective health, which in turn enhances visual clarity and the processing of visual information.
- **Liposomal coenzyme Q10** acts as an antioxidant that protects the eyes from oxidative stress and improves energy production in eye cells.
- **Liposomal resveratrol** is known for its antioxidant properties. Resveratrol protects the retina and helps prevent age-related macular degeneration and other degenerative eye conditions.
- **Nanomicronized taurine** is essential for retinal health and function. Taurine protects the eyes against light damage and supports overall visual acuity.

### AVAILABLE FORMS

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# DEFENDER MN11

**MAIN APPLICATION:** MN11 COMPLEX is designed to bolster the immune defenses of military personnel. It contains a potent blend of adaptogens known for their ability to enhance immune function and provide robust protection against environmental stressors and pathogens.

With the MN11 COMPLEX, military personnel can maintain peak immune function and resilience, ensuring they are well-prepared to face the challenges of their environment and reduce the risk of downtime due to illness.

## INGREDIENTS:

- **Phytosomal ashwagandha** reduces stress and enhances immunity by modulating the body's stress response.
- **Liposomal astragalus** is known for its immune-boosting properties, it enhances the body's resistance to infections.
- **Phytosomal echinacea** stimulates the immune system and has antiviral properties that help combat respiratory infections.
- **Liposomal Golden root (*Rhodiola rosea*)** improves stamina and endurance, while reducing fatigue and the effects of stress on the body.
- **Liposomal Korean ginseng** boosts energy levels and immune response, enhancing overall well-being and performance.
- **Phytosomal reishi mushroom** is an immune modulator that helps fight infections and supports immune system balance.
- **Phytosomal schisandra** enhances resistance to stress and disease, and supports liver health, which is crucial for detoxification and immune function.
- **Phytosomal Siberian ginseng** enhances physical performance, stamina, and recovery, while also supporting immune health.

### AVAILABLE FORMS

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# DEFENDER MN12

**MAIN APPLICATION:** MN12 COMPLEX is specifically formulated for military personnel to boost metabolism and support weight management. It combines powerful natural thermogenic ingredients that increase energy expenditure, enhance fat burning, and improve overall metabolic health. With the MN12 COMPLEX, military personnel can achieve better weight management, increased energy, and enhanced metabolic health, helping them stay lean, energized, and ready for any challenge.

## INGREDIENTS:

- **Phytosomal piperine** enhances metabolic performance and increases the absorption of nutrients from the diet.
- **Phytosomal caffeine** stimulates the central nervous system to increase alertness and metabolism, helping to burn more calories.
- **Phytosomal Garcinia cambogia** contains hydroxycitric acid, which helps reduce appetite and inhibit fat production.
- **Liposomal Green tea** is rich in antioxidants and catechins, particularly EGCG, which boosts metabolism and supports fat burning.
- **Liposomal niacin (vitamin B3)** is important for energy production from food, it also helps maintain metabolic rate.
- **Liposomal vitamin C** is a potent antioxidant that supports a healthy immune system and is involved in the synthesis of carnitine, crucial for fat metabolism.
- **Nanomicronized carnitine** transports fatty acids into the mitochondria for breakdown, enhancing fat burning and energy production during exercise.

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