NUTRAXIN®
Vitamin & Mineral

The Wellness Playbook:

Simple Steps to Preventative Health

Introduction

Most of us have been conditioned to think of healthcare as reactive, waiting for symptoms to appear before taking action. But there's an approach quietly transforming lives: preventative wellness.

Your body performs millions of intricate processes daily, each depending on a delicate balance of nutrients, minerals, and vitamins. When this balance is maintained, your body becomes a powerful ally in preventing illness and maintaining energy. When disrupted, even small deficiencies can snowball into larger health challenges.

This eBook guides you in understanding and optimising this system. You'll discover how vitamins, minerals, and carefully chosen supplements serve as essential tools in your preventative wellness toolkit. But here's what makes this approach different: we're not advocating supplements as miracle cures or standalone solutions. They function as part of a comprehensive lifestyle including proper nutrition, regular movement, quality sleep, and stress management.

Think of preventative wellness as investing in your future self. The choices you make today about nutrition and supplementation are investments in long-term health and vitality, with immediate returns. Think better energy, improved mood, stronger immunity, and enhanced mental clarity.

Throughout these pages, you'll gain evidence-based knowledge to make informed decisions about your health, creating a sustainable approach that fits your unique lifestyle and goals. Your wellness journey is personal, and we hope to provide the foundation for a healthier, more vibrant you.

Decoding Deficiencies

Most Common Deficiencies in the UK

Vitamin B12 & Vitamin B9

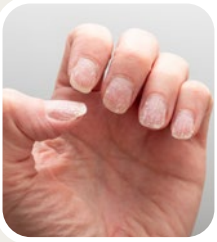
Tiredness and fatigue
Shortness of breath
Pale or jaundiced skin
Sore tongue and mouth ulcers
Cognitive issues

Vitamin D

Tiredness and fatigue
Bone and joint pain
Muscle weakness
Frequent illness

Calcium

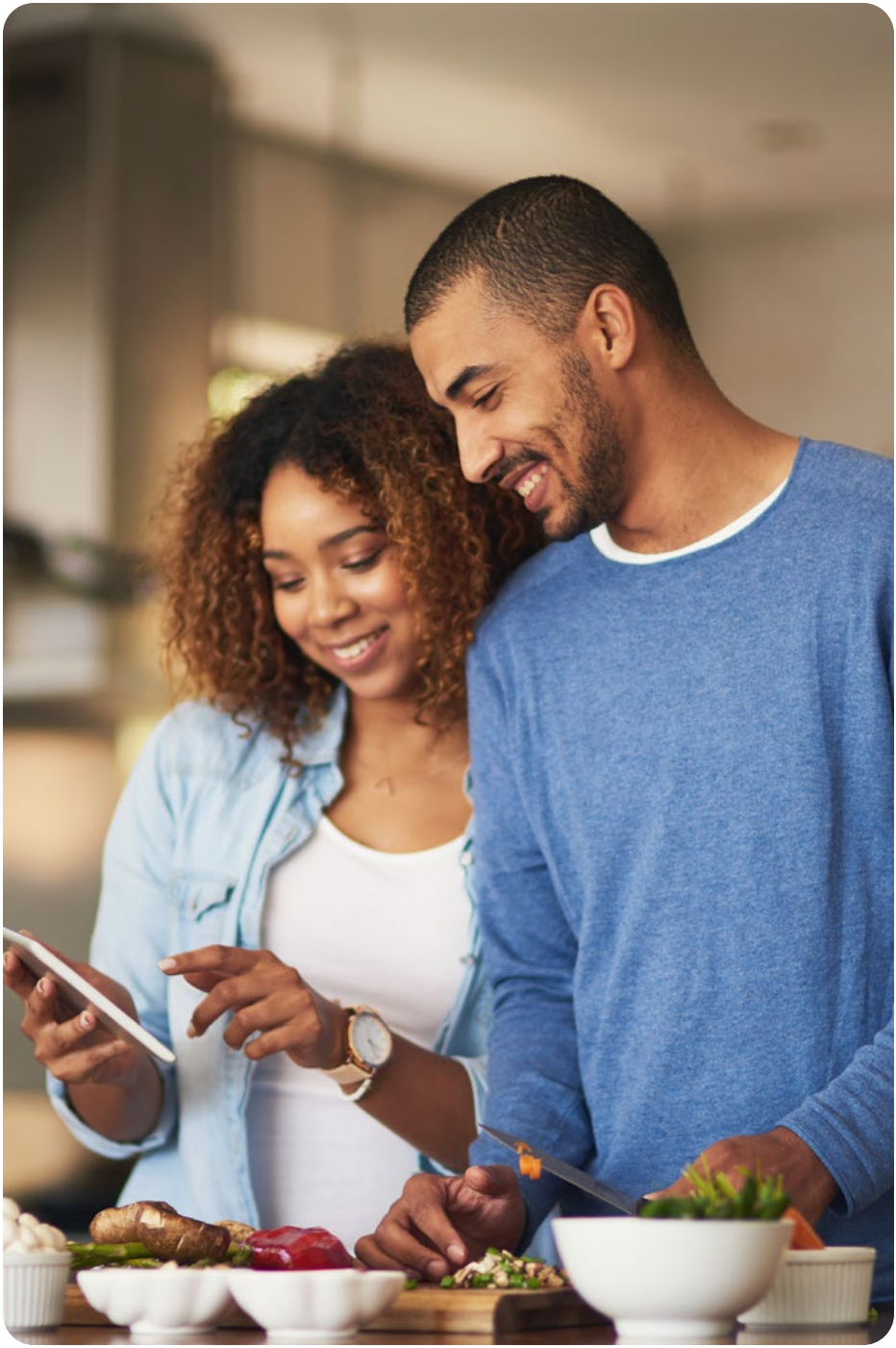
Muscle spasms or cramping
Pins and needles
Brittle nails
Osteoporosis
Cognitive issues



Iron

Tiredness and fatigue
Shortness of breath
Pale skin
Brittle or “spoon” nails
Cold hands or feet

The symptoms listed here are for general information only and shouldn’t be used to self-diagnose. Symptoms of vitamin and mineral deficiencies can overlap with other health conditions, so if you’re feeling unwell or have any concerns, it’s always best to check in with your GP, pharmacist, or a healthcare professional.

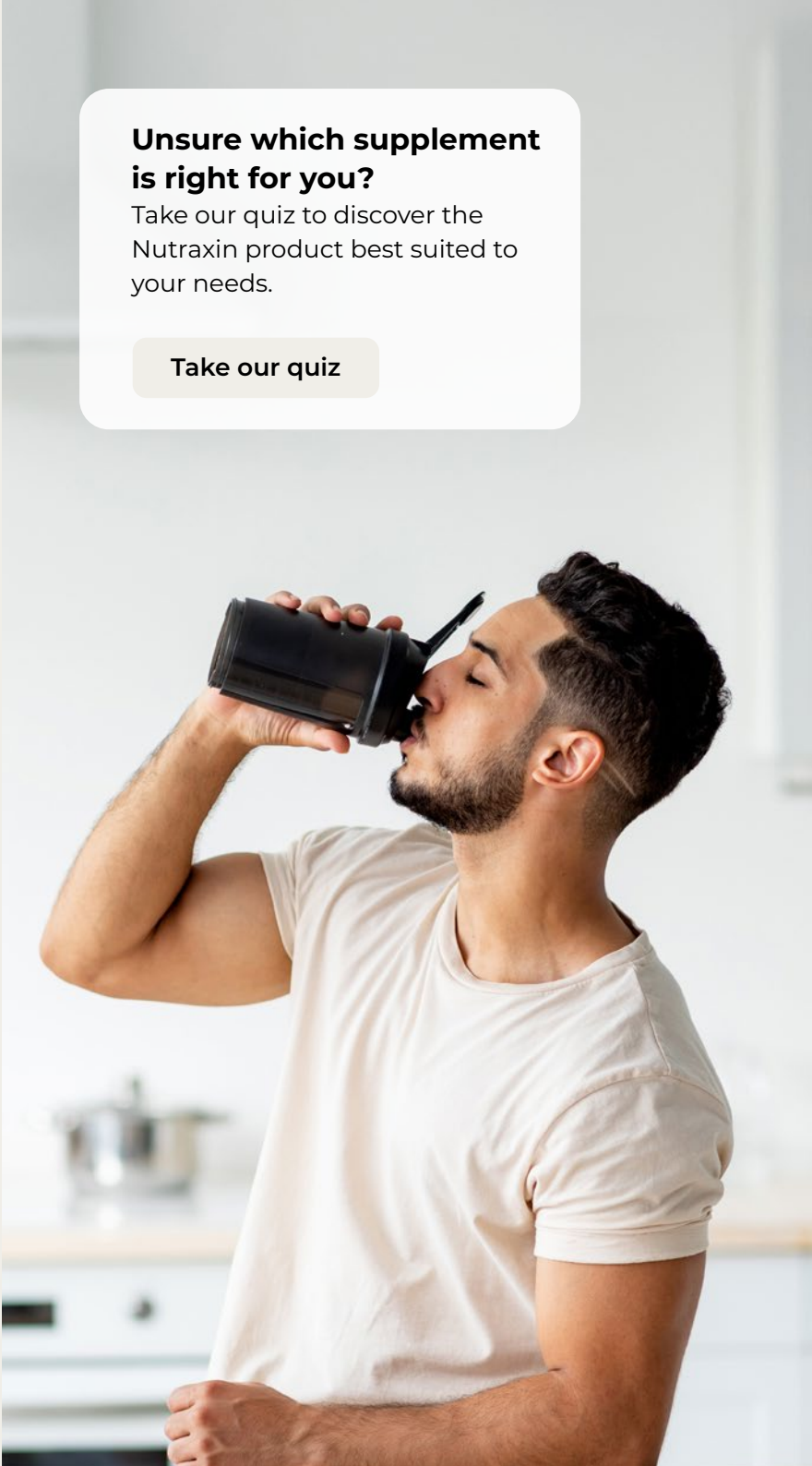


Goal-Orientated Nutrition

Unsure which supplement is right for you?

Take our quiz to discover the Nutraxin product best suited to your needs.

Take our quiz



Energy & Vitality

Energy is essential for maintaining cellular homeostasis and supporting physiological processes across all organ systems. This section explores how various vitamins and minerals, and other compounds, contribute to these vital functions.

Vitamins	
Vitamin B	**Vitamin B1 (Thiamin):** Contributes to the normal function of the heart. **Vitamin B2 (Riboflavin):** Contributes to the normal functioning of the nervous system. **Vitamin B3 (Niacin):** Contributes to normal psychological function. **Vitamin B6:** Contributes to the reduction of tiredness and fatigue. **Vitamin B12:** Contributes to normal psychological function and the normal functioning of the nervous system.
Minerals	
Iron	A mineral involved in the transport of oxygen in the blood and the production of red blood cells, which play a key role in cellular energy processes.
Magnesium	Magnesium contributes to a reduction of tiredness and fatigue and normal energy-yielding metabolism.
Coenzymes	
CoQ10	A nutrient typically produced by the body. This natural production of CoQ10 can decline with age.

Immune Support

Immune function is essential for maintaining cellular defense mechanisms and supporting protective processes across all physiological systems. This section explores how various vitamins and minerals contribute to these vital functions.

Vitamins	
Vitamin E	Contributes to the protection of cells from oxidative stress.
Vitamin A (Beta-Carotene)	A nutrient involved in the development and function of immune cells and the maintenance of skin and mucous membranes, which serve as barriers against infection.
Vitamin C	Vitamin C contributes to the normal function of the immune system, the protection of cells from oxidative stress, and a reduction of tiredness and fatigue.
Vitamin D	Vitamin D contributes to the normal function of the immune system.
Minerals	
Zinc	Zinc contributes to the normal function of the immune system.

Bone & Joint Health

Musculoskeletal function is essential for maintaining structural integrity and supporting movement processes across all physical systems. This section explores how various vitamins and minerals contribute to these vital functions.

Vitamins	
Vitamin K (especially K2)	A vitamin that activates proteins responsible for binding calcium to the bone matrix, contributing to bone strength.
Vitamin D	Vitamin D contributes to the maintenance of normal bones and muscle function.
Minerals	
Calcium	An essential mineral involved in bone formation and the maintenance of bone density.

Beauty

Dermatological function is essential for maintaining cellular integrity and supporting protective processes across all tissue systems. This section explores how various vitamins and minerals contribute to these vital functions.

Vitamins	
Biotin (Vitamin B7)	Biotin contributes to the maintenance of normal skin and hair.
Vitamin E	Vitamin E contributes to the protection of cells from oxidative stress.
Minerals	
Selenium	Selenium contributes to the maintenance of normal hair and nails.

Weight Management & Digestive Health

Digestive function is essential for maintaining nutrient absorption and supporting metabolic processes across all physiological systems. This section explores how various minerals, and other compounds, contribute to these vital functions.

Plant-based Support	
Fibre	**Barley grain fibre:** Contributes to an increase in faecal bulk. **Wheat bran fibre:** Contributes to an acceleration of intestinal transit (the time taken for nutrients to move through the digestive tract).
Minerals	
Chromium	Chromium contributes to normal macronutrient metabolism.

Stress & Mood

Psychological function is essential for maintaining cognitive balance and supporting neurological processes. This section explores how various vitamins and minerals contribute to these vital functions.

Vitamins

Vitamin B12	Vitamin B12 contributes to normal psychological function.
Vitamin B6	Vitamin B6 helps to reduce tiredness and fatigue.

Minerals

Magnesium	Magnesium contributes to normal psychological function and a reduction of tiredness and fatigue.

Lifestage Needs

Child

(0-12 yrs)

Needs

- Support for normal bone and tooth development
- Support for healthy growth and normal cognitive development
- Support for the normal function of the immune system
- Support to bridge potential dietary gaps

Recommend

Vitamin D
Multivitamin
Calcium
Omega-3 (DHA)

Adolescent

(12-18 yrs)

Needs

- Support for healthy bone development during peak growth periods
- Support for hormonal balance and menstrual cycles
- Support for mood and normal cognitive function
- Support for the normal function of the immune system and the body's response to a busy lifestyle

Recommend

Vitamin D
Iron
Calcium
Zinc
Vitamin B6 & B12
Omega-3
Magnesium

Young Adult

(19-24 yrs)

Needs

- Support for vitality and normal energy-yielding metabolism
- Support for normal psychological function and wellbeing
- Support for reproductive and hormonal health
- Support for normal digestive function and the normal function of the immune system

Recommend

Vitamin D
Iron
Magnesium
Vitamin B Complex
Folic Acid
Omega-3
Probiotics

Adult

(25-64 yrs)

Needs

- Support for normal heart function and metabolism
- Support for normal joint function and mobility
- Support for hormonal balance during periods of change
- Support for vitality and the reduction of tiredness and fatigue
- Support for normal digestion and gut function

Recommend

Omega-3 (EPA/DHA)
Vitamin D
CoQ10
Magnesium
Glucosamine & Chondroitin
Curcumin
Calcium & Vitamin K2
Chromium

Senior

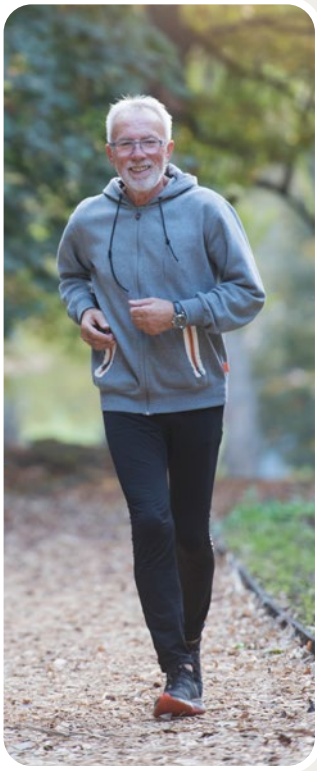
(65 yrs+)

Needs

- Support for the maintenance of normal bones and muscle function
- Support for normal cognitive function and memory
- Support for the normal function of the immune system and general vitality
- Support for the maintenance of normal muscle mass and mobility
- Support for the reduction of tiredness and fatigue and normal macronutrient metabolism

Recommend

Vitamin D
Vitamin B12
Calcium
Vitamin K2
Omega-3
Magnesium
Collagen or protein supplements
Multivitamin for 50+



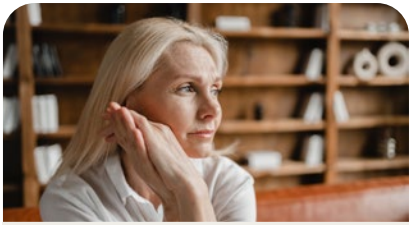
Pregnancy

Needs

- Support for fetal development
- Support for maternal tissue growth
- Support for bone health
- Support for brain and eye development

Recommend

Folic Acid
Vitamin D
Iron
Omega-3s (DHA)



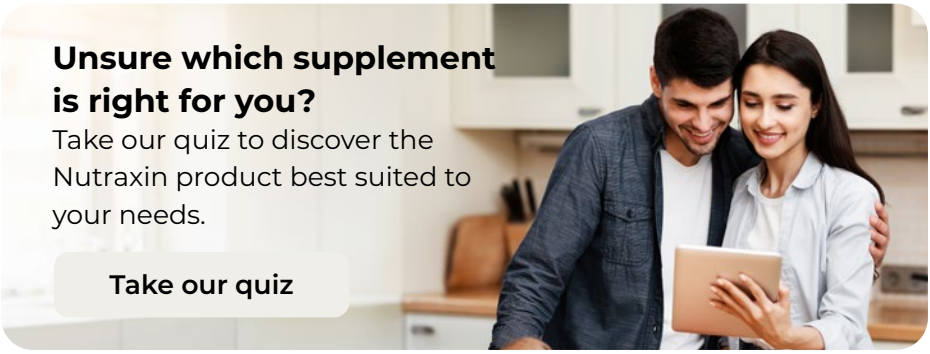
Menopause

Needs

- Support for bone strength
- Support for cardiovascular health
- Support for hormonal balance
- Support for vitality and mood

Recommend

Calcium
Vitamin D
Magnesium
Omega-3s



Unsure which supplement is right for you?

Take our quiz to discover the Nutraxin product best suited to your needs.

Take our quiz

Beyond Supplements

Vitamin C

- Citrus fruits (oranges, lemons)
- Strawberries, kiwi, pineapple, mango
- Bell peppers (red and yellow)
- Broccoli, brussels sprouts, cauliflower
- Tomatoes and tomato juice
- Spinach and kale

Zinc

- Red meat and poultry
- Oysters
- Legumes (chickpeas, lentils, beans)
- Seeds (pumpkin, sesame)
- Nuts (cashews, almonds)
- Dairy products
- Whole grains (quinoa, oats)

Vitamin B Complex

- Whole grains (brown rice, oats)
- Meat, poultry, and fish
- Eggs and dairy products
- Legumes (beans, lentils, chickpeas)
- Leafy green vegetables
- Nuts and seeds
- Fortified cereals
- Nutritional yeast

Vitamin D

- Fatty fish (salmon, mackerel, sardines, tuna)
- Fortified foods (cow's milk, plant-based milks, breakfast cereals)
- Egg yolks
- Mushrooms
- Sunlight

Magnesium

- Nuts and seeds (almonds, cashews, pumpkin seeds, sunflower seeds)
- Leafy green vegetables (spinach, kale)
- Whole grains (brown rice, quinoa, oats)
- Legumes (black beans, lentils)
- Fish (mackerel, salmon)
- Dark chocolate

Omega-3 Fatty Acids (EPA & DHA)

- Fatty fish (salmon, mackerel, sardines, herring)
- Fish oils (cod liver oil, supplements)
- Shellfish
- Algae oils (plant-based source of DHA)
- Flaxseeds and chia seeds

Day of Eating

Breakfast

Spinach & Egg Scramble with Raspberries & Fortified Toast

Ingredients:

- 2 eggs (high-quality protein, B vitamins, selenium, and choline)
- Handful of fresh spinach (vitamins A, C, K, iron, and magnesium)
- 1 tsp olive oil or butter
- 1 slice fortified wholegrain bread (e.g. with added calcium and B vitamins)
- 1 tbsp low-fat cream cheese or yoghurt (optional calcium boost)
- Handful of fresh raspberries (fibre, antioxidants, and vitamin C)
- Optional: sprinkle of iodised salt (iodine)

Lunch

Avocado & Chickpea Salad with Yoghurt Dressing

Ingredients:

- ½ avocado (vitamin E and healthy fats)
- ½ cup cooked chickpeas (folate, iron and fibre)
- ½ red pepper, chopped (vitamin C, vitamin A, vitamin B6, and folate)
- ½ cucumber, sliced (vitamin K and potassium)
- Mixed leafy greens (spinach, rocket, kale) (vitamin K, vitamin A, folate, and vitamin C)
- 1 tbsp sunflower or pumpkin seeds (vitamin E, magnesium, and zinc)
- 2 tbsp plain low-fat yoghurt + lemon + herbs for dressing (calcium)
- Optional: sprinkle of iodised salt (iodine)

Dinner

Quinoa & Vegetable Bowl with Salmon & Steamed Broccoli

Ingredients:

- 1 salmon fillet (preferably wild) (vitamin D and omega-3)
- ¾ cup cooked quinoa (magnesium, iron, and fibre)
- ½ sweet potato, roasted (vitamin A, vitamin C, potassium)
- Steamed broccoli (vitamin C, vitamin K, folate, fibre, and potassium)
- 1 tsp olive oil or tahini (antioxidants)
- Sprinkle of sesame seeds (copper and manganese)

Hydration

Aim for 6-8 glasses of fluids a day
(1.5-2L / 40-54 fl oz)

Water, low-fat milk and sugar-free drinks count!

Limit sugary and caffeinated drinks

Drink more in hot weather and with exercise

A Balanced Diet

Eat a variety of foods to get the nutrients your body needs.

Fruit and vegetables: Aim for at least 5 portions a day.

Starchy carbohydrates: Base meals around these.

Protein: Include lean meat, fish (2 portions/week, one oily), eggs, beans, pulses.

Dairy or alternatives: Choose lower-fat, lower-sugar options.

Oils & spreads: Use unsaturated options in small amounts.

Tips: Limit sugar, salt, and saturated fat and be mindful of portion sizes.

Movement

Adults should aim for at least 150 minutes of moderate intensity activity per week, or 75 minutes of vigorous activity per week. Try to include muscle-strengthening activities on 2 or more days per week.

Stress Management

Manage stress through healthy habits like:

- Physical activity
- Talking to others
- Relaxation techniques (e.g. breathing exercises, mindfulness)
- Making time for hobbies and rest
- Know the signs of stress (irritability, sleep issues, low mood)
- Don't hesitate to seek support if needed.

Quality Sleep

Adults typically need 7–9 hours of sleep per night. Poor sleep can affect mood, focus, and physical health. Tips for a better sleep:

Keep a regular bedtime routine

Create a cool, dark, quiet bedroom

Avoid screens and caffeine before bed

Wind down with relaxing activities

Remember that optimal health isn't built on supplements alone. While targeted supplementation provides valuable support where diet falls short, it works best as part of your comprehensive wellness approach. Your foundation remains a nutrient-rich diet, regular movement, quality sleep, and effective stress management.

Preventative wellness is about consistency. Small, sustainable changes compound into significant improvements over time. By taking proactive steps today, you're building resilience for the years ahead.

Visit our website

NUTRAXIN®
Vitamin & Mineral