

## Digital Nutrition Mixtures

### Internal Training Material for Therapists

Digi. Nut. Mixtures 1	#	Name DE	Name EN	Kategorie DE	Kategorie EN	Substanzen
	1	Gehirn	Brain	Körper	Body	Vitamin B1, Coenzym Q10, Vitamin B2, Vitamin B6, Magnesium, Kalium, Schwefel, Cobalt, Zink, Glycin, Phenylalanin
	2	Haare	Hair	Körper	Body	Vitamin B12, Vitamin B2, Vitamin B5, Biotin, Vitamin B9, Inositol, Eisen, Manganese, Zink, Kupfer, Molybdän, Vitamin B10, Cystein, Siliziumdioxid, Selen
	3	Haut	Skin	Körper	Body	Coenzym Q10, Selen, Siliziumdioxid, Vitamin A, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B10, Vitamin D, Kalium, Schwefel, Zink, Kupfer, Cystein, Threonin, Chrom, Kobalt, Silizium, Vitamin B9
	4	Herz	Heart	Körper	Body	Coenzym Q10, Kalium, Natrium, Chlor, Kalzium, Phosphor, Magnesium, Molybdän
	5	Kopf	Head	Körper	Body	Chlor, Eisen, Vitamin B1, Vitamin B10, Vitamin B12, Vitamin B5, Vitamin B2, Vitamin B6, Coenzym Q10, Schwefel
	6	Magen - Darm	Gastrointestinal System	Körper	Body	Magnesium, Molybdän, Vitamin B1, Kupfer, Kalium
	7	Muskeln	Muscles	Körper	Body	Phosphor, Natrium, Carnitin, Kalzium, Eisen, Isoleucin, Glycin, Chrom, Siliziumdioxid, Chlor, Vitamin B5, Magnesium
	8	Nägel	Nails	Körper	Body	Eisen, Cystein, Selen, Vitamin B2, Zink
	9	Nerven	Nerves	Körper	Body	Vitamin B1, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin B3, Isoleucin, Tryptophan, Molybdän, Alanin, Liothyronin

	10	Niere	Kidney	Körper	Body	Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Vitamin C, Vitamin D, Kalzium, Eisen, Zink, Kupfer, Taurin, Selen, Histidin, Phosphor, Magnesium, Carnitin, Taurin, Asparaginsäure, Natrium, Chlorid, Kalium, Glutathion
	11	Ohren	Ears	Körper	Body	Mangan, Kalium, Zink, Vitamin E, Vitamin B3
	12	Schilddrüse	Thyroid	Körper	Body	Jod, Chrom, Selen, Phenylalanin
<b>Digi. Nut. Mixtures 2</b>						
	1	Alter	Age	Stoffwechsel	Metabolism	Vitamin A, Vitamin B1, Vitamin B6, Vitamin B8, Vitamin B10, Vitamin B9, Vitamin B12, Vitamin B13, Vitamin C, Vitamin K, Vitamin D, Coenzym Q10, Tryptophan, Tyrosin, Citrullin, Kalzium, Schwefel, Phosphor, Kupfer, Cystein, Glutathion, Glutamin, Glycin, Serin, Leucin, Valin, Zink, Eisen, Selen, Magnesium
	2	Aminosäuren	Amino acids	Stoffwechsel	Metabolism	Valin, Leucin, Threonin, Methionin, Phenylalanin, Tryptophan, Lysin, Histidin, Ornithin-Arginin, Glycin, Alanin, Serin, Cystein, Tyrosin, Prolin, Taurin, Glutamin
	3	Basenmischung	Alkaline Powder	Stoffwechsel	Metabolism	Kalzium, Magnesium, Kalium, Zink, Mangan, Glutamin
	4	Bindegewebe	Connective Tissue	Stoffwechsel	Metabolism	Siliziumdioxid, Mangan, Vitamin C, Glycin, Prolin, Threonin
	5	Blut	Blood	Stoffwechsel	Metabolism	Kupfer, Eisen, Molybdän, Vitamin B12, Vitamin K, Threonin, Kalzium, Mangan
	6	Gewicht	Weight	Stoffwechsel	Metabolism	Vitamin B2, Vitamin C, Vitamin E, Vitamin D, Jod, Eisen, Kalzium, Selen, Chrom, Carnitin, Leucin, Citrullin, Taurin, 5-HTP, Magnesium, Serotonin
	7	Leber	Liver	Stoffwechsel	Metabolism	Vitamin E, Vitamin C, Vitamin A, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B10, Vitamin B9, Vitamin B12, Vitamin K, Eisen, Zink, Kupfer, Selen, Kalium, Ornithin-Arginin, Asparaginsäure, Citrullin, Glycin, Leucin, Valin, Coenzym Q10, Taurin, Cystin
	8	Mineralien	Minerals	Stoffwechsel	Metabolism	Natrium, Kalium, Kalzium, Magnesium, Phosphor, Chlorid, Schwefel

	9	Spurenelemente	Trace elements	Stoffwechsel	Metabolism	Chrom, Kobalt, Eisen, Jod, Kupfer, Mangan, Molybdän, Selen, Siliziumdioxid, Zink, Vanadium, Fluorid
	10	Veganer	Vegan	Stoffwechsel	Metabolism	Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Vitamin C, Eisen, Zink, Kalzium, Jod, Schwefel, Selen, Carnitin, Taurin, Valin, Lysin, Prolin, EPA
	11	Vitamin B Komplex	Vitamin B complex	Stoffwechsel	Metabolism	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B4, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B8, Vitamin B9, Vitamin B10, Vitamin B12, Vitamin B13, Vitamin B17
	12	Hypovitaminose	Hypovitaminosis	Stoffwechsel	Metabolism	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B4, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B8, Vitamin B9, Vitamin B10, Vitamin B12, Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin C
<b>Digi. Nut. Mixtures 3</b>						
	1	Alkoholkonsum	Alcohol intake	Ausleitung	Detox	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin E, Vitamin D, Kalium, Selen, Phosphor, Mangan, Magnesium, Kalzium, Methionin, Molybdän, Bor, Cystein, Cholin
	2	Antioxidantien	Antioxidants	Ausleitung	Detox	Vitamin A, Vitamin E, Vitamin C, Vitamin B2, Vitamin B10, Flavonoide, Coenzym Q10, Selen, Zink, Mangan, Kupfer, Eisen, Chrom, Glutathion, Melatonin, Cystein, Glutamin, Methionin, Taurin
	3	Lymphsystem	Lymphatic system	Ausleitung	Detox	Siliziumdioxid, Kalium, Kupfer, Zink, Kalzium, Magnesium, Vitamin C, Vitamin B6, Vitamin E, Lysin, Prolin, Methionin, EPA, Ornithin-Arginin, Glutathion
	4	Menstruation	Menstruation	Ausleitung	Detox	Kalzium, Magnesium, Mangan, Vitamin B5, Vitamin B6, Vitamin E
	5	Spiritualität	Spirituality	Ausleitung	Detox	Vitamin B1, Vitamin B3, Vitamin B9, Vitamin B12, Vitamin E, Vitamin D, Vitamin K, Coenzym Q10, Eisen, Selen, Zink, Mangan, Flavonoide, Tyrosin, Taurin, Tryptophan, Carnitin, Glycin, Glutamin, EPA, Cystein, Methionin, Glutathion

	6	Toxine	Toxins	Ausleitung	Detox	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin E, Cholin, Cystein, Methionin, Glutathion, Glycin, Taurin, Glutamin, Asparaginsäure, Flavonoide, Selen, Zink, Kupfer, Eisen, Kalzium, Magnesium, Siliziumdioxid
	7	Fruchtbarkeit	Fertility	Hormonsystem	Hormonal system	Coenzym Q10, Carnitin, Vitamin A, Zink, Mangan
	8	Hormonsystem	Hormonal system	Hormonsystem	Hormonal system	Vitamin B6, Vitamin B9, Vitamin B10, Vitamin D, Vitamin E, Schwefel, Zink, Mangan, Eisen, Jod, Selen, Kalzium, Leucin, Lysin, Phenylalanin, Threonin, Tryptophan, Glutamin, Ornithin-Arginin, Glycin, Prolin, Cystein, Tyrosin, Methionin, Valin, Melatonin, Serotonin, Corticosteron
	9	Libido	Libido	Hormonsystem	Hormonal system	Vitamin E, Vitamin A, Zink, Mangan
	10	Allergie	Allergies	Immunsystem	Immune system	Vitamin B3, Vitamin C, Vitamin D, Kalzium, Schwefel, Prolin, Phytinsäure, Quercetin
	11	Immunsystem	Immune System	Immunsystem	Immune system	Vitamin A, Vitamin C, Vitamin E, Cystein, Liothyronin, Schwefel, Glycin, Threonin, Valin, Arginin, Carnitin, Kalzium, Kupfer, Mangan, Zink, Kobalt, Molybdän, Selen
	12	Sekundäre Pflanzenstoffe	Secondary plant substances	Immunsystem	Immune system	Flavonoide, Carotinoide
<b>Digi. Nut. Mixtures 4</b>						
	1	Energy	Energy	Vitalität	Vitality	Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B7, Coenzym Q10, Eisen, Zink, Selen
	2	Müdigkeit	Fatigue	Vitalität	Vitality	Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B7, Vitamin B10, Vitamin B6, Coenzym Q10, Kalium, Schwefel, Eisen, Zink, Selen, Molybdän, Glycin, Alanin, Liothyronin, Methionin, Vitamin B9, Vitamin B12, Vitamin B6, Isoleucin, Chrom, Tryptophan, Kupfer
	3	Sehvermögen	Eyesight	Vitalität	Vitality	Vitamin A, Zink

	4	Sport	Sports	Sport	Sports	Vitamin C, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B3, Vitamin B7, Vitamin B9, Vitamin B12, Vitamin B13, Coenzym Q10, Carnitin, Kalzium, Kalium, Natrium, Chlorid, Magnesium, Zink, Eisen, Phosphor, Chrom, Vanadium, Glutamin, Cystein, Phenylalanin, Threonin, Taurin, Valin, Glycin, Glutathion, Androsteron, Asparaginsäure
	5	Männer	Men	Sport	Sports	Vitamin C, Vitamin E, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B12, Magnesium, Kalzium, Selen, Zink, Bor, Coenzym Q10, Flavonoide, EPA, Androsteron, Asparaginsäure
	6	Regeneration	Regeneration	Sport	Sports	Vitamin C, Vitamin E, Vitamin B6, Vitamin B7, Vitamin B13, Carnitin, Kupfer, Selen, Zink, Eisen, Jod, Magnesium, Kalium, Kalzium, Chrom, Methionin, Glutamin, Ornithin-Arginin, Glycin, Histidin, Leucin, Valin, Methionin, Cystein, Glutathion, Coenzym Q10
	7	Frauen	Women	Sonstiges	Other	Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B12, Kalzium, Eisen, Asparaginsäure, Ornithin-Arginin, Zink, Magnesium, Jod, Siliziumdioxid, Glucosaminsulfat, Carnitin, Coenzym Q10, Flavonoide, EPA
	8	Kinder	Children	Sonstiges	Other	Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Eisen, Zink, Magnesium, Mangan, Selen, Kupfer, Jod, Kalzium, Kalium, Threonin, Ornithin-Arginin, Tryptophan, EPA
	9	Psyche	Psyche	Sonstiges	Other	Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B10, Vitamin B12, Schwefel, Zink, Kupfer, Chrom, Kobalt, Tryptophan, Methionin, Phenylalanin, Glutamin, 5-HTP, Threonin, Glycin, Serotonin, Melatonin
	10	Schlaf	Sleep	Sonstiges	Other	Vitamin B3, Tryptophan, Glycin, Glutamin
	11	Wachstum	Growth	Sonstiges	Other	Vitamin A, Vitamin B9, Vitamin B12, Zink, Mangan, Selen

	12	Wunden	Wounds	Sonstiges	Other	Vitamin B1, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin C, Vitamin E, Kalium, Siliziumdioxid, Zink, Isoleucin, Threonin
<b>Digi. Nut. Mixtures 5</b>						
	1	Atmung	Breath	Sport	Sports	Vitamin A, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin E, Vitamin D, Selen, Zink, Magnesium, Cystein, Sulforaphan, EPA, Glutathion
	2	Bewegung	Motion	Sport	Sports	Vitamin C, Vitamin E, Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Magnesium, Kalzium, Eisen, Kalium, Zink, Natrium, Jod, Kupfer, Glutathion, EPA, Chrom, Carnitin, Coenzym Q10, Ornithin - Arginin, Methionin, Glycin
	3	Wettkampf	Competition	Sport	Sports	Carnitin, Glycin, Methionin, Ornithin - Arginin, Glutamin, Magnesium, Kalium, Eisen, Coenzym Q10, Selen, Vitamin C, Vitamin E, Vitamin B6, Taurin, Natrium, Chlorid, EPA
	4	Struktur	Structure	Bewegungsapparat	Muskosceletal system	Alanin, Glycin, Prolin, Valin, Leucin, Lysin, Vitamin C, Zink, Kupfer, Jod, Natrium, Kalzium, Kalium, Magnesium
	5	Mobilität	Mobility	Bewegungsapparat	Muskosceletal system	Vitamin B12, Vitamin B6, Vitamin A, Vitamin C, Vitamin E, Vitamin D, Vitamin B1, Vitamin K, EPA, Glucosaminsulfat, Siliziumdioxid, Histidin, Cystein, Magnesium, Kalzium, Mangan, Kupfer, Carnitin, Glycin, Lysin, Prolin
	6	Aktivierung	Activation	Bewegungsapparat	Muskosceletal system	Vitamin B1, Vitamin B2, Vitamin B12, Vitamin B4, Vitamin B6, Vitamin B9, Vitamin C, Vitamin D, Eisen, Magnesium, Coenzym Q10, Taurin, Carnitin, Glycin, Lysin, Zink, Tyrosin, Phenylalanin, Tryptophan, Cholin, Glutamin, Glutathion
	7	Rückgang	Reduction	Herz-Kreislauf	Cardiovascular	Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin D, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Glutathion, Magnesium, Kobalt, Kupfer, Chrom, EPA, Coenzym Q10, Flavonoide, Ornithin - Arginin, Taurin, Glycin, Glutamin, Lysin

	8	Anspannung	Exertion	Herz-Kreislauf	Cardiovascular	Coenzym Q10, Ornithin - Arginin, Vitamin B6, Carnitin, Taurin, Vitamin C, Vitamin B12, Vitamin B9, Magnesium, Vitamin D, EPA, Flavonoide, Kalium, Glutathion
	9	Zirkulation	Circulation	Herz-Kreislauf	Cardiovascular	Vitamin A, Vitamin B12, Vitamin B9, Vitamin D, Eisen, Ornithin - Arginin, Glutamin, Selen, Zink, Kalzium, Kalium, Phosphor, Flavonoide, EPA, Glutathion, Histidin, Magnesium, EPA, Coenzym Q10, Taurin, Lysin
	10	Starre	Rigidity	Stoffwechsel	Metabolism	Eisen, Phenylalanin, Cystein, Vitamin C, Vitamin B10, Valin, Prolin, Vitamin D, Kupfer, Vitamin E, Flavonoide, Magnesium, Coenzym Q10, Carnitin, Phosphor, Glycin, Zink
	11	Lifestyle	Lifestyle	Stoffwechsel	Metabolism	Vitamin B3, Vitamin B9, Vitamin B6, Vitamin B8, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Glutathion, EPA, Chrom, Coenzym Q10, Carnitin, Selen, Zink, Kupfer, Magnesium
	12	Energetisch	Energetic	Stoffwechsel	Metabolism	Vitamin B1, Vitamin B2, Eisen, Selen, Zink, Vitamin B12, Vitamin B3, Vitamin B9, Mangan, Kupfer, Vitamin C, Vitamin A, Vitamin D, Vitamin K, Methionin, Histidin, Magnesium, Coenzym Q10, Carnitin, EPA
<b>Digi. Nut. Mixtures 6</b>						
	1	Gewebe	Tissue	Stoffwechsel	Metabolism	Vitamin C, Vitamin D, Coenzym Q10, Vitamin B5, Vitamin B10, Vitamin B12, Selen, Prolin, Cortison, Tryptophan, Kupfer, EPA, Flavonoide, Kalium
	2	Bioinformation	Bioinformation	Stoffwechsel	Metabolism	Vitamin A, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Methionin, Cholin, EPA, Glycin, Magnesium, Selen, Zink, Eisen, Kupfer, Mangan, Kalzium, Chrom, Glutathion
	3	Komfort	Comfort	Stoffwechsel	Metabolism	Vitamin D, Vitamin C, Vitamin E, Vitamin K, Vitamin B9, Chrom, Magnesium, Coenzym Q10, EPA, Zink, Vanadium, Taurin, Ornithin - Arginin, Carnosin, Carnitin, Cystein, Glycin, Sulforaphan, Flavonoide, Corticosteron

	4	Erschöpfung	Exhaustion	Hormonsystem	Hormonal system	Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Natrium, EPA, Glutamin, Taurin, Corticosteron, Vitamin C, Cortison, Magnesium, Tryptophan, Ornithin - Arginin, Kalium
	5	Wechseljahre	Menopause	Hormonsystem	Hormonal system	Vitamin C, Vitamin E, Vitamin D, Vitamin K, Vitamin B2, Vitamin B1, Vitamin B9, Vitamin B12, Vitamin B6, Flavonoide, Selen, Magnesium, Zink, Kalzium, Ornithin - Arginin, Tryptophan, EPA
	6	Leidenschaft	Passion	Hormonsystem	Hormonal system	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Selen, Zink, Glutathion, Coenzym Q10, Carnitin, Asparaginsäure
	7	Ausgleich	Balance	Sonstiges	Other	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Vitamin E, Eisen, Selen, Zink, Magnesium, Glutathion, Flavonoide, Glutamin, Ornithin - Arginin, Asparaginsäure
	8	Erleichterung	Relief	Sonstiges	Other	Vitamin B2, Vitamin B5, Vitamin B1, Vitamin B7, Vitamin B3, Vitamin B9, Vitamin B10, Vitamin B12, Selen, Ornithin - Arginin, Vitamin C, Vitamin D, Zink, Glycin, Magnesium, Vitamin E, Tryptophan, EPA
	9	Lebensfreude	Joy of life	Sonstiges	Other	5-HTP, Serotonin, Tryptophan, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B10, Vitamin B12, Phenylalanin, Kobalt, Androsteron, Glutamin, Kupfer, Schwefel, EPA, Citrullin, Chrom, Methionin, Zink, Thyroxin
	10	Entspannung	Recreation	Sonstiges	Other	Tryptophan, Serotonin, Magnesium, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin D, Vitamin C, Selen, Melatonin, Coenzym Q10, Mangan, Molybdän
	11	Ruhe	Rest	Sonstiges	Other	Tryptophan, Serotonin, Melatonin, Glycin, Ornithin - Arginin, Vitamin D, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B10, Vitamin B12, Eisen, Zink, Kupfer, Selen, Magnesium, Methionin, Phenylalanin
	12	Zähne	Teeth	Sonstiges	Other	Vanadium, Coenzym Q10, Vitamin K, Vitamin C, Vitamin B6, Glucosaminsulfat, Phosphor, Vitamin B12,

					Mangan, Kupfer, Vitamin B9, Vitamin E, Vitamin A, Vitamin D, Kalzium
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