# **Vegan Stamina - A Powerful Supplement for Getting Optimal Health**

When healthy food is a nuisance, a weak immune system, the risk of chronic and mental illnesses in old age is quite common. According to one report of CDC, the majority of the US population is not able to get the necessary nutrients by a healthy diet alone[1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4584842/). Therefore, you must take supplements to meet your nutrient needs.

We present with you Vegan Stamina, a miracle supplement, a specific proprietary blend derived from a large number of herbs, fruits, and vegetables, and a lot of regular expected vitamins and minerals, for the need of optimal health.

You can eat a maximum of two or three fruits and vegetables in one day, but by taking this supplement, you can get the nutrients of 42 different fruits and vegetables along with other multivitamins. Let’s review some health benefits of taking Vegan Stamina.

## **It May Help Increase Energy (ATP) and Regulate Metabolism**

Thiamine[2](https://lpi.oregonstate.edu/mic/vitamins/thiamin), riboflavin[3](https://lpi.oregonstate.edu/mic/vitamins/riboflavin), spirulina algae[4](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4012879/), and other B vitamins added in this supplement may help the body convert the food (carbohydrates, fats, proteins) we eat to form ATP, which supplies energy within cells. The body needs this energy to perform all its functions properly and regulate metabolism.

## **It May Help the Formation of Red Blood Cells**

Iron[5](https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/) (an essential element of red blood cells) and vitamin B12[3](https://lpi.oregonstate.edu/mic/vitamins/riboflavin) added in the blend helps your body form red blood cells. Your body can’t transport oxygen to crucial organs if it doesn’t have enough red blood cells. Weakness, tiredness, and shortness of breath are symptoms of anemia. Pantothenic acid (vitamin B5), folic acid, tomato, and spinach added in Vegan Stamina also help the body form red blood cells.

## **It May Help Strengthen the Immune System and Reduce Cancer and Heart Disease Risk**

Inflammation is a natural response initiated by the immune system to keep the body protected against cell damage, injury, and infection. However, its chronic condition can cause heart and cognitive disease, cancer, diabetes, and autoimmune disorders[6](https://pubmed.ncbi.nlm.nih.gov/19149749/).

Spirulina[7](https://pubmed.ncbi.nlm.nih.gov/12769719/), safflower[8](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3115398/), chlorella[9](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2782876/), mango[10](https://onlinelibrary.wiley.com/doi/pdfdirect/10.1111/j.1541-4337.2008.00047.x), pineapple[11](https://pubmed.ncbi.nlm.nih.gov/24959679/), wheatgrass[12](https://pubmed.ncbi.nlm.nih.gov/11989836/), eleuthero[13](https://www.japsonline.com/admin/php/uploads/1815_pdf.pdf), pomegranate[14](https://pubmed.ncbi.nlm.nih.gov/23573120/), grapefruit[15](https://pubmed.ncbi.nlm.nih.gov/24766384/), papaya[16](https://pubmed.ncbi.nlm.nih.gov/24316314/), blueberry[17](https://pubmed.ncbi.nlm.nih.gov/18759450/), raspberry[18](https://pubmed.ncbi.nlm.nih.gov/26501271/), strawberry[19](https://pubmed.ncbi.nlm.nih.gov/20384847/), acai fruit[20](https://pubmed.ncbi.nlm.nih.gov/20022468/), broccoli[21](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2737735/), tomato[22](https://pubmed.ncbi.nlm.nih.gov/22158914/), and many other herbs, vegetables, and fruits added in Vegan Stamina contain a large number of antioxidants. These antioxidants, vitamin C[15](https://pubmed.ncbi.nlm.nih.gov/24766384/), D[23](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2726624/) and E[24](https://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/), selenium[25](https://pubmed.ncbi.nlm.nih.gov/17023702/), and manganese[26](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3185262/), may help lessen oxidative stress, inflammation, boost the immune system, and lessen cancer risk. They may also help reduce bad cholesterol levels and enhance good cholesterol levels to reduce heart disease risk.

## **It May Help Improve Mental Health**

Gotu Kola[27](https://www.hindawi.com/journals/ijad/2012/381974/) (herb of longevity) added in Vegan Stamina may help improve the cognitive function and take care of Alzheimer’s disease as depicted by studies. Selenium[28](https://pubmed.ncbi.nlm.nih.gov/17030648/), thiamine[29](https://pubmed.ncbi.nlm.nih.gov/22218733/), inositol[30](https://pubmed.ncbi.nlm.nih.gov/623854/), choline[31](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3252552/), acai berries[32](https://pubmed.ncbi.nlm.nih.gov/24985004/), and green tea[33](https://pubmed.ncbi.nlm.nih.gov/1356551/) also help boost brain function, and cherries[34](https://pubmed.ncbi.nlm.nih.gov/22038497/) may help improve your sleep quality.

## **It May Help Manage Blood Sugar Levels**

Magnesium[35](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4549665/), barley[36](https://pubmed.ncbi.nlm.nih.gov/20112296/), raspberries[37](https://pubmed.ncbi.nlm.nih.gov/29202274/), broccoli[38](https://pubmed.ncbi.nlm.nih.gov/29333379/), safflower[39](https://pubmed.ncbi.nlm.nih.gov/21295383/), apples[40](https://pubmed.ncbi.nlm.nih.gov/23990623/), etc., present in this supplement contain fiber contents that may help control diabetes by lowering the blood glucose levels and improving the production and secretion of insulin, and slowing down the sugar absorption into your bloodstream. Inositol[41](https://pubmed.ncbi.nlm.nih.gov/20811656/) also helps control blood sugar levels.

## **It May Help Control Blood Pressure and Improve Blood Flow**

High blood pressure (hypertension) can cause stroke, heart disease, and even premature death because it can damage your blood vessels and heart[42](https://pubmed.ncbi.nlm.nih.gov/12423980/). Beetroot[43](https://pubmed.ncbi.nlm.nih.gov/23596162/), pomegranate[44](https://pubmed.ncbi.nlm.nih.gov/21457902/), grapeseed[45](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5370781/) added in this supplement may lower the high blood pressure, improve blood flow, and lessen swelling in the body.

## **It May Support Bone and Teeth Health**

Calcium[46](https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/#h2/) is a foremost part of your bones and teeth. It makes your bones strong and dense. If you don’t take enough calcium from your diet, your body will get it from your bones, as your bones are the calcium reservoir. Calcium can’t be absorbed without Vitamin D; that is why both are added in Vegan Stamina. Celery seeds[47](https://pubmed.ncbi.nlm.nih.gov/26856587/) contain manganese, calcium, phosphorus, magnesium, and iron that play a vital role in bone formation. Cranberries may help lower the levels of harmful acids in your mouth, which in turn helps stop gum disease, cavities, tooth decay, and even mouth cancer.

## **It May Help Support Vision and Eye Health**

Carrots[48](https://pubmed.ncbi.nlm.nih.gov/6085992/) and vitamin A have added to Vegan Stamina as vitamin A is essential for your vision and eyesight. Vitamin A plays a role in converting the light that hits your eye into an electrical signal to send to the brain. Spinach contains zeaxanthin and lutein, which helps prevent eyes from the causes of blindness[49](https://pubmed.ncbi.nlm.nih.gov/7933422/),[50](https://pubmed.ncbi.nlm.nih.gov/19168000/).

## **It May Help Improve Digestion and Weight Loss**

Papaya[51](https://pubmed.ncbi.nlm.nih.gov/23524622/), mango[52](https://pubmed.ncbi.nlm.nih.gov/18656927/), and pineapple[53](https://pubmed.ncbi.nlm.nih.gov/23304525/) present in Vegan Stamina contain digestive enzymes that may ease the digestion process. They also help reduce constipation and bloating. Lecithin[54](https://www.karger.com/Article/Abstract/354707)enhances the mucus in your intestine, makes the digestive process easier, and protects your digestive system's delicate lining. Mangosteen[55](https://pubmed.ncbi.nlm.nih.gov/26452017/) and grapefruit[56](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3649719/) contain fibers that help to promote the feeling of fullness and aid in weight loss. Pears[57](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/) are essential for digestive health. Chlorella[58](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3654245/) helps the body detox and remove heavy metals and other harmful agents from the body.

## **It May Help Support Liver Health**

Dandelion root[59](https://www.mdpi.com/1420-3049/22/9/1409) and Milk thistle[60](https://pubmed.ncbi.nlm.nih.gov/20564545/) added in Vegan Stamina help protect the liver by detoxifying the liver, increasing bile flow, repairing liver damage, and enhancing liver function.

## **It May Support Your Skin, Hair, And Nails Health**

Biotin[61](https://ods.od.nih.gov/factsheets/Biotin-HealthProfessional/) added in the blend may help maintain good skin, hair, and nails.

## **Conclusion**

Vegan Stamina is a supplement that you must take daily to improve your overall health, increase longevity, and enhance life quality. Children under 18, individuals with a known medical condition, and pregnant or nursing mothers should consult a physician before using this dietary supplement.

\*These statements have not been evaluated by the Food and Drug Administration. This post is not intended to diagnose, cure, treat, or prevent any disease.