

Digital Nutrition Mixtures

Internal Training Material for Therapists

Digi. Nut. Mixtures 1	#	Name DE	Name EN	Name TR	Kategorie DE	Kategorie EN	Kategorie TR	Substanzen
	1	Gehirn	Brain	Beyin	Körper	Body	Vücut	Vitamin B1, Coenzym Q10, Vitamin B2, Vitamin B6, Magnesium, Kalium, Schwefel, Cobalt, Zink, Glycin, Phenylalanin
	2	Haare	Hair	Saç	Körper	Body	Vücut	Vitamin B12, Vitamin B2, Vitamin B5, Biotin, Vitamin B9, Inositol, Eisen, Manganese, Zink, Kupfer, Molybdän, Vitamin B10, Cystein, Siliziumdioxid, Selen
	3	Haut	Skin	Cilt	Körper	Body	Vücut	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	Kalp	Körper	Body	Vücut	Coenzym Q10, Kalium, Natrium, Chlor, Kalzium, Phosphor, Magnesium, Molybdän
	5	Kopf	Head	Baş	Körper	Body	Vücut	Chlor, Eisen, Vitamin B1, Vitamin B10, Vitamin B12, Vitamin B5, Vitamin B2, Vitamin B6, Coenzym Q10, Schwefel
	6	Magen - Darm	Gastrointestinal System	Mide-Bağırsak	Körper	Body	Vücut	Magnesium, Molybdän, Vitamin B1, Kupfer, Kalium
	7	Muskeln	Muscles	Kaslar	Körper	Body	Vücut	Phosphor, Natrium, Carnitin, Kalzium, Eisen, Isoleucin, Glycin, Chrom, Siliziumdioxid, Chlor, Vitamin B5, Magnesium
	8	Nägel	Nails	Tırnaklar	Körper	Body	Vücut	Eisen, Cystein, Selen, Vitamin B2, Zink
	9	Nerven	Nerves	Sinirler	Körper	Body	Vücut	Vitamin B1, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin B3, Isoleucin, Tryptophan, Molybdän, Alanin, Liothyronin
	10	Niere	Kidney	Böbrek	Körper	Body	Vücut	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	Kulaklar	Körper	Body	Vücut	Mangan, Kalium, Zink, Vitamin E, Vitamin B3
	12	Schilddrüse	Thyroid	Tiroid	Körper	Body	Vücut	Jod, Chrom, Selen, Phenylalanin
Digi. Nut. Mixtures 2								
	1	Alter	Age	Yaş	Stoffwechsel	Metabolism	Metabolizma	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	Amino asitler	Stoffwechsel	Metabolism	Metabolizma	Valin, Leucin, Threonin, Methionin, Phenylalanin, Tryptophan, Lysin, Histidin, Ornithin-Arginin, Glycin, Alanin, Serin, Cystein, Tyrosin, Prolin, Taurin, Glutamin
	3	Basenmischung	Alkaline Powder	Alkali toz	Stoffwechsel	Metabolism	Metabolizma	Kalzium, Magnesium, Kalium, Zink, Mangan, Glutamin
	4	Bindegewebe	Connective Tissue	Bağ dokusu	Stoffwechsel	Metabolism	Metabolizma	Siliziumdioxid, Mangan, Vitamin C, Glycin, Prolin, Threonin
	5	Blut	Blood	Kan	Stoffwechsel	Metabolism	Metabolizma	Kupfer, Eisen, Molybdän, Vitamin B12, Vitamin K, Threonin, Kalzium, Mangan
	6	Gewicht	Weight	Ağırlık	Stoffwechsel	Metabolism	Metabolizma	Vitamin B2, Vitamin C, Vitamin E, Vitamin D, Jod, Eisen, Kalzium, Selen, Chrom, Carnitin, Leucin, Citrullin, Taurin, 5-HTP, Magnesium, Serotonin
	7	Leber	Liver	Karaciğer	Stoffwechsel	Metabolism	Metabolizma	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	Mineraller	Stoffwechsel	Metabolism	Metabolizma	Natrium, Kalium, Kalzium, Magnesium, Phosphor, Chlorid, Schwefel
	9	Spurenelemente	Trace elements	Eser elementler	Stoffwechsel	Metabolism	Metabolizma	Chrom, Kobalt, Eisen, Jod, Kupfer, Mangan, Molybdän, Selen, Siliziumdioxid, Zink, Vanadium, Fluorid
	10	Veganer	Vegan	Vegan	Stoffwechsel	Metabolism	Metabolizma	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	Vitamin B Kompleks	Stoffwechsel	Metabolism	Metabolizma	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	Hipovitaminoz	Stoffwechsel	Metabolism	Metabolizma	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
Digi. Nut. Mixtures 3								
	1	Alkoholkonsum	Alcohol intake	Alkol tüketimi	Ausleitung	Detox	Detoks	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	Antioksidanlar	Ausleitung	Detox	Detoks	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	Lenf sistemi	Ausleitung	Detox	Detoks	Siliziumdioxid, Kalium, Kupfer, Zink, Kalzium, Magnesium, Vitamin C, Vitamin B6, Vitamin E, Lysin, Prolin, Methionin, EPA, Ornithin-Arginin, Glutathion

	4	Menstruation	Menstruation	Adet	Ausleitung	Detox	Detoks	Kalzium, Magnesium, Mangan, Vitamin B5, Vitamin B6, Vitamin E
	5	Spiritualität	Spirituality	Spiritüalizm	Ausleitung	Detox	Detoks	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	Toksinler	Ausleitung	Detox	Detoks	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	Doğurganlık	Hormonsystem	Hormonal system	Hormonal sistem	Coenzym Q10, Carnitin, Vitamin A, Zink, Mangan
	8	Hormonsystem	Hormonal system	Hormonal sistem	Hormonsystem	Hormonal system	Hormonal sistem	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, GABA
	9	Libido	Libido	Libido	Hormonsystem	Hormonal system	Hormonal sistem	Vitamin E, Vitamin A, Zink, Mangan
	10	Allergie	Allergies	Alerjiler	Immunsystem	Immune system	Bağışıklık sistemi	Vitamin B3, Vitamin C, Vitamin D, Kalzium, Schwefel, Prolin, Phytinsäure, Quercetin
	11	Immunsystem	Immune System	Bağışıklık sistemi	Immunsystem	Immune system	Bağışıklık sistemi	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	İkincil bitki maddeleri	Immunsystem	Immune system	Bağışıklık sistemi	Flavonoide, Carotinoide
Digi. Nut. Mixtures 4								
	1	Energy	Energy	Enerji	Vitalität	Vitality	Canlılık	Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B7, Coenzym Q10, Eisen, Zink, Selen
	2	Müdigkeit	Fatigue	Yorgunluk	Vitalität	Vitality	Canlılık	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	Görme	Vitalität	Vitality	Canlılık	Vitamin A, Zink

	4	Sport	Sports	Spor	Sport	Sports	Spor	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	Erkekler	Sport	Sports	Spor	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	Rejenerasyon	Sport	Sports	Spor	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	Kadınlar	Sonstiges	Other	Diğer	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	Çocuklar	Sonstiges	Other	Diğer	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	Ruh	Sonstiges	Other	Diğer	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	Uyku	Sonstiges	Other	Diğer	Vitamin B3, Tryptophan, Glycin, Glutamin
	11	Wachstum	Growth	Büyüme	Sonstiges	Other	Diğer	Vitamin A, Vitamin B9, Vitamin B12, Zink, Mangan, Selen
	12	Wunden	Wounds	Yaralar	Sonstiges	Other	Diğer	Vitamin B1, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin C, Vitamin E, Kalium, Siliziumdioxid, Zink, Isoleucin, Threonin
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	1	Atmung	Breath	Nefes	Sport	Sports	Spor	Vitamin A, Vitamin B6, Vitamin B9, Vitamin B12, Vitamin C, Vitamin E, Vitamin D, Selen, Zink, Magnesium, Cystein, Sulforaphan, EPA, Glutathion
	2	Bewegung	Motion	Hareket	Sport	Sports	Spor	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	Rekabet	Sport	Sports	Spor	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	Yapı	Bewegungsapparat	Muskoskeletal system	Kas-iskelet sistemi	Alanin, Glycin, Prolin, Valin, Leucin, Lysin, Vitamin C, Zink, Kupfer, Jod, Natrium, Kalzium, Kalium, Magnesium
	5	Mobilität	Mobility	Hareketlilik	Bewegungsapparat	Muskoskeletal system	Kas-iskelet sistemi	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	Aktivasyon	Bewegungsapparat	Muskoskeletal system	Kas-iskelet sistemi	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	Düşüş	Herz-Kreislauf	Cardiovascular	Kardiyovasküler	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, Glutamin, Glutathion
	8	Anspannung	Exertion	Efor	Herz-Kreislauf	Cardiovascular	Kardiyovasküler	Coenzym Q10, Ornithin - Arginin, Vitamin B6, Carnitin, Taurin, Vitamin C, Vitamin B12, Vitamin B9, Magnesium, Vitamin D, EPA, Flavonoide, Kalium, Glutathion
	9	Zirkulation	Circulation	Dolaşım	Herz-Kreislauf	Cardiovascular	Kardiyovasküler	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	Sertlik	Stoffwechsel	Metabolism	Metabolizma	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	Yaşam tarzı	Stoffwechsel	Metabolism	Metabolizma	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	Enerjik	Stoffwechsel	Metabolism	Metabolizma	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
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	1	Gewebe	Tissue	Doku	Stoffwechsel	Metabolism	Metabolizma	Vitamin C, Vitamin D, Coenzym Q10, Vitamin B5, Vitamin B10, Vitamin B12, Selen, Prolin, Cortison, Tryptophan, Kupfer, EPA, Flavonoide, Kalium

	2	Bioinformation	Bioinformation	Biyoinformasyon	Stoffwechsel	Metabolism	Metabolizma	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, Glutamin
	3	Komfort	Comfort	Konfor	Stoffwechsel	Metabolism	Metabolizma	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,
	4	Erschöpfung	Exhaustion	Bitkinlik	Hormonsystem	Hormonal system	Hormonal sistem	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	Menopoz	Hormonsystem	Hormonal system	Hormonal sistem	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	Tutku	Hormonsystem	Hormonal system	Hormonal sistem	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Selen, Zink, Glutathion, Coenzym Q10, Carnitin, Asparaginsäure
	7	Ausgleich	Balance	Denge	Sonstiges	Other	Diğer	Vitamin B6, Vitamin B9, Vitamin B12, Vitamin D, Vitamin E, Eisen, Selen, Zink, Magnesium, Glutathion, Flavonoide, Glutamin, Ornithin - Arginin, Asparaginsäure
	8	Erleichterung	Relief	Rahatlama	Sonstiges	Other	Diğer	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	Yaşam sevinci	Sonstiges	Other	Diğer	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	Rekreasyon	Sonstiges	Other	Diğer	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	Dinlenme	Sonstiges	Other	Diğer	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	Dişler	Sonstiges	Other	Diğer	Vanadium, Coenzym Q10, Vitamin K, Vitamin C, Vitamin B6, Glucosaminsulfat, Phosphor, Vitamin B12, Mangan, Kupfer, Vitamin B9, Vitamin E, Vitamin A, Vitamin D, Kalzium