Nerve Vitality: A Natural Approach to Tingling, Numbness & Healthy Nerve Function Transcript

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Introduction to nerve pain and neuropathy

If you've been dealing with tingling, burning, or numbness in your feet, your hands, maybe shooting up or down your legs, and you have been told that your labs are fine or you tried things that haven't worked or just kind of accepted that this is your life now, This episode is for you.

Nerve pain and nerve dysfunction are some of the most frustrating things that I see people come in with because conventional medicine often doesn't have a lot to offer beyond managing symptoms and even that, the management of symptoms is wrought with challenges because the single biggest pharmaceutical that is recommended for nerve pain is gabapentin and lots of people don't tolerate gabaponin well.

at all. It's on my crap list in terms of pharmaceuticals that I try to recommend people look into before they start on it. Let's put it that way. Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs.

I'm Jared St. Clair. I grew up in a health food store and spent over 40 years now figuring out what works and what doesn't, so that you can make confident, informed decisions about nutrition, supplements and your health.

Welcome back to Vitality Radio I'm Jared and today we're doing something a little different. I am excited to introduce you a new formula that I've been working on for the last year or so.

This one is needed big time. Now there are some great products on the market specific to this issue that a lot of people are dealing with now, way more people than ever before and that's nerve pain, numbness, tingling, neuropathy, this type of thing.

If you've been dealing tinging, burning or numb in your feet, your hands, maybe shooting up or down your legs and you have been told that your labs are fine or you tried things that haven't worked or just kind of accepted that this is your life now This episode is for you.

Nerve pain and nerve dysfunction are some of the most frustrating things that I see people come in with because conventional medicine often doesn't have a lot to offer beyond managing symptoms.

And even that, the management of symptoms is wrought with challenges because the single biggest pharmaceutical that is recommended for nerve pain is gabapentin and lots of people don't tolerate gabipentin well.

at all. It's on my crap list in terms of pharmaceuticals that I try to recommend people look into before they start on it. Let's put it that way. But the nutritional science around nerve health is actually pretty solid.

We know a lot. There are very specific nutrients at specific doses that have real clinical research behind them.

Why Nerve Vitality was developed

And today I'm going to walk you through a formula that i just developed specifically to deliver these nutrients at the doses that actually show up in the research because, well, that's how I formulate things.

I don't like to pixie dust things as I call it or window dress, I've got full doses of things that have actually shown to be effective. And so if you've been suffering and you haven't found answers yet, or maybe you found some answers, but you need more relief, I want you to stay with me through this episode.

Today, I'm introducing a product called Nerve Vitality, the most comprehensive and potent nerve formula that I currently know how to produce. But I do reserve the right to improve on this formula as more research comes along.

And I certainly probably will do that because that's also what I like to do with my formulas is not stand still for too long. What often the case when I'm looking at these types of formulas, and this is what happened with endo cleanse.

This is, what has happened. With quite a few of my formulas is that I find something that really, really like, this has actually happened was hair revive.

When I developed hair, revive for women almost 20 years ago, I found products that work that we had success with, but that, like could be improved upon and.

This situation is no different. In fact, a local Utah company produced a product years ago that a customer of mine told me about. And this customer came in with an empty bottle of a project called Nerve Reverse.

I looked at the back of the bottle and it was made right here in Utah. In the same County that Vitality Nutrition is in Davis County. And I had never seen the formula before.

I liked what was in it. It made sense. She swore it had made a big difference for her neuropathy. So I thought, okay, we're going to look into this product.

Local companies, I like the ingredients and I've got at least one testimonial here. Well, We brought it in and we've had great success with it, but there's been a couple of things about it that I haven't loved.

One, I felt like it was under potent in a couple of areas, and I'll talk about that in just a minute. And two, there was a formulation error, as I like to call it, And I will explain what that means here in minute as well.

But let me tell you why I say this formula is needed big time, because this may not be you, but it may be someone that you know. What I've seen is that, in the past, let's say five or six years ago or beyond, nerve pain was largely diabetic neuropathy.

And it still is largely diabetic neuropathy, but what's happened in the post COVID world has what I've seen and noticed is a huge explosion in neuopathic pain.

Now I'd been doing this for over 40 years. As many people listening know, I have seen trends come and go, and I watched categories explode and collapse.

And I'll tell you that in all of that time, a category that's exploded like nerve pain has over the last four or five years. Part of that is probably just demographics.

We have a more aging population, diabetes as at an all time high. It's a real epidemic in this country. And so peripheral neuropathy. has always followed diabetes like a shadow and that's not new.

What is new though is COVID. Research out of the Massachusetts General Hospital found that in a group of long haul COVID and COVID vaccinated patients that were evaluated for neurological symptoms, 59% showed evidence of peripheral nerve damage.

59%. And a separate study found that COVID positive patients face roughly three times the risk of developing neuropathy compared to people who did not have a COVID infection.

Yale medicine's neuro COVID clinic has documented two primary patterns. One that comes on fast during acute illness and one small fiber neuopathy. that tends to be developed two to 12 weeks after the infection clears.

And honestly, I'd never heard of small fiber neuropathy until the post-COVID world. Small fiber neuropathy causes burning pain, tingling, numbness, and fatigue.

If it sounds familiar, then it may be you that's dealing with this or maybe someone that you love or care about. A lot of people are out there dealing this lingering COVID symptom of neuropathy because of actual nerve damage that took its toll based on either the illness or the treatment for the illnesses.

So the need for a really well-designed nerve health formula right now is not just about marketing. It's about demand. Its physiological reality for millions of people.

And that's a big part of why I developed nerve vitality. Now I've been thinking about this formula for couple of years, but As I'm formulating products, I always have, and this is not an exaggeration, at least a dozen that I am thinking about.

Right now, we have over 20 in the pipeline. We just introduced the GLP-1 formula. Nerve Vitality, of course, is here now. And we several more that are just about to be released in next three to six months.

And so anyway, as I'm developing this formula, I thinking about them, demand, what do I have on the store shelves that is a very effective product and can I really make it significantly better?

Cause if I can't make a better, i'm not going to waste my time. And then I always think about price too. Can I make product that's going be more economical because you know as a supplement user that these things can add up.

So as I was looking at the formulas and, you know, what I have for nerve issues with nerve reverse being my favorite so far of anything that I've seen, I just looked to see what could be improved.

And this is what. I'll tell you a little backstory on this. So we couldn't get nerve reversed for a while. It's out of stock, because they probably had the onslaught of demand post COVID.

and so I think it was maybe three weeks, four weeks or something like that, that we could get the product. The manufacturer was out. We were out, all that kind of thing.

So we had people coming in that were loving the product that we're missing, not having it because all of a sudden their nerve pain was worse.

Post-COVID neuropathy and rising demand

And so I'm looking at this and saying, okay, what are the key ingredients in here that are probably delivering the most benefit? And I would give people, unfortunately, three or four bottles of stuff to give them enough of the things that were in nerve reverse.

I'd give him benfetiamine, I give an alpha-lipoic acid being the one and two, the more important ingredients. And then sometimes vitamin D3, depending on if they're already taking that, B12, folate, some of these other ingredients, Anyway, what I would do though, is I'd tell them to take 600mg of alpha-lipoic acid, 600 mg of Benfotiamine, and Nervoverers only had 300 of each at the time.

And the reason I was telling them take more is because they weren't getting the complete formula, so I felt like they needed more punch. But also, I had had quite a few people already who had used NerveVerers, who'd had results, it was helping, but it wasn't helping enough.

I found when I increased the dose of those two ingredients, they would get better results. So as I talked about with Nerve Reverse, great formula, works well, but I just felt like a little bit too weak in a couple of areas and missing something really important based on what the formula is.

And that's when I decided, okay, I'm going to do better. As I started looking at doing better, also thought I can

probably drive the price down. And so that's what has happened.

We're going to, we're looking at about a 20% lower price for a more potent product. That's more complete that I know is going work great because I already know how great nerve reverses.

So this was a no brainer because people can get equal results minimum, but I actually believe you're gonna get better results with this formula. What are the three issues with nerve reverse that feel like were improved with their vitality?

Well, the first two are about dosage. And actually, interestingly enough, during my formulation of this product, Nerve Reverse made a correction. They went from 300 mg of alpha-lipoic acid to 600 mg, which is really the clinical dose that you want.

A 2012 meta-analysis confirmed that 600mg of alphalipoeic acids significantly improved neuropathic symptoms compared to a placebo. And 300 milligrams is only half that.

It doesn't have nearly the amount of research. So I had already decided I was going to put 600 milligrams in my formula. Now nerve reverse has that, thankfully, and nerve reverses a better formula because of it.

But what they didn't do and what I wish they'd done, And I don't know why they did do it, maybe cost, that's my best guess, is they Didn't double the potency of benfotiamine.

Now, benfotiamine, I've talked about on this show before. I'm going to talk a little bit more about it, but the best research on benfitiamines starts at 300 milligrams, which is in nerve reverse, But the BEST research is at 600 milligrams.

And so our nerve vitality also has double the benftiamin at the 600 mg. So we know that several trials, use specifically 600 milligrams and show that it works very, very well.

And benfotiamine is the fat soluble form of vitamin B1 that is specifically nourishing to the nerves and the neurons and a really, really powerful, powerful product specifically for that.

Whereas regular B one frankly doesn't do much for the nerve in most cases. Now, I talked about a formulation error and I talk about these a lot on this show.

And there are certain things that you've got to get right when you're doing supplements. Now. Many of the people that buy Nerve Reverse from me at Vitality are also already taking Vitamin D3 and K2.

They're either getting it in our Multivitamin, the Ultimate Vitalite Multi, they're getting in Vital D 3 K 2, or they are getting from some other source.

So maybe not that big of a deal in that case, but the People that are only using Nerv Reveres are missing on something big time. Their getting 5,000 units of D three with zero K two.

we never ever, ever ever take D3 without K2. And if you listen to my show, you know this.

How Nerve Vitality improves on Nerve Reverse

That has frustrated me for a long time because now I have to try and talk to a customer and explain to them why they need the K-2 in addition, even though K 2 isn't in and of itself like a critical component of nerve health, it is a crucial component, of cardiovascular health and tissue health in glandular health when there is D-3 in a formula.

So I put 120 micrograms of K2 in my formula to make sure that the D3 is not, as I call it, unopposed. We have to have those two. And this is why, just real quick, D 3 K 2 101, because I know many of you have already heard this, but I think it bears repeating anyway.

Vitamin D three dramatically increases calcium absorption in your gut. That's largely why we take it because better calcium utilization is great for healthier bones.

As long as you have K2 and magnesium, which are so critical. I always tell everybody to take magnesium. You know this already. So, and, magnesium is not going to be in this formula because it doesn't need to.

Most people are already taking supplemental magnesium if you're not go back and listen to my magnesium episodes and get on it. But let's talk about K-2 specifically.

It activates a protein called Matrix GLA protein, MGP, which is the most potent known inhibitor of vascular calcification. When K2 is adequate, MgP is activated.

Calcium gets directed into your bones and teeth and it stays out of your arteries and soft tissues. When K2 is deficient, MGP sits inactive and calcium can deposit in places you absolutely do not want it.

Arterial walls, kidneys, soft tissue, the pineal gland, parathyroid, and so on. Healthy arterial tissue has been shown to contain roughly 100 times more K-2 than calcified arterio tissue.

100 Times. In 2015, a study found that people with the highest K 2 intake had a 52% lower risk of severe arterial calcification, 52%, and a 57% risk lower of dying from heart disease over a seven to 10 year follow-up period.

That study followed over 5,000 people. So when I see a formula that delivers 5,000 units of D3 and no K2, I have a real problem with that. And that made this even more urgent that I need to get this product out on the market.

So like I say, 120 micrograms of K-2 from MK-7 in the nerve vitality so that we're making sure that the D-3 is doing its job without doing anything we don't want it to do.

Now let's talk about the other ingredients, ingredient by ingredient, and why they matter. alpha lipoic acid, one of my favorite ingredients in the entire supplement world.

I have a little bit in my Ultimate Vitality Multi because it's such a powerful antioxidant. So great for blood sugar and so many other things. I've got a bunch of it in, my GLP-1 formula because its fantastic there as well.

This is one of the most powerful antioxidants there is because, it is both water soluble and fat soluable. That means that it can work inside the cell and outside the cells, in fatty tissue and in watery environments inside of body.

Most antioxidants can do one or the other, but not both. For peripheral neuropathy specifically, ALA has one of the strongest research records of any supplement.

A 2012 meta-analysis that looked over multiple studies confirmed that 600 milligrams per day significantly reduced neuopathic symptoms compared to placebo.

Like I mentioned, multiple randomized controlled trials have shown reductions in pain, burning, and tingling, as well as improvements in nerve conduction velocity.

That's a measurable electrical signal through the nerve. at the dose of 600 milligrams. A five week multicenter trial found that 600 milligram dose had the optimal risk to benefit ratio with higher doses not adding meaningful benefit necessarily.

And so 600 really does seem to be the sweet spot, although there is some research indicating that even more can be better. So 600 milligrams is really the spot that I think makes the most sense.

And, and as I said, nerve reverse did correct that recently, but we decided to get launched this product with the 600 right out of the gate. ALA is also critical for blood sugar balance, glutathione production and liver health.

It's one of the best antioxidants for the liver, which is, and of course glutothione being your body's master antioxidant, plays a meaningful supporting role in overall health in addition to what it's doing for, blood, sugar and nerve damage.

Benfotiamine, this is one my favorite ingredients as well. And one the two ingredients, as I mentioned, that I feel the most strongly about in this formula.

It's the ingredient where nerve vitality has the largest gap over nerve reverse as it has double the amount.

Alpha lipoic acid and benfotiamine benefits

Regular thiamine standard B1 is water soluble. It does not cross cell membranes efficiently. it. Has very limited ability to get into nerve tissue in meaningful concentrations.

Benpotiamin is fat soluable. Is still vitamin B one. but a different form, which means that it passes through a cell membrane easily. It reaches nerve cells in a way that regular B1 simply cannot.

And it produces significantly higher intracellular B-1 levels. That distinction is the whole ball game when it comes to nerve health. We've got to get it into the cells.

A phase three, six week, randomized, controlled trial demonstrated significant improvement in neuropathy symptom scores at 600 milligrams per day of benfotiamine when compared to placebo.

A separate six-week trial showed improvements in pain, vibration sensation, and nerve conduction parameters. Research published in Neuroscience Research in 2022 documented improved myelin sheath maintenance and enhanced nerve fiber density with benfitiamin use.

Benfotiamine protects the myelin sheath. That is the sheathe that wraps around the nerve ending and protects nerve-ending itself. If you think about the myelin sheath, think of it as the insulation on an electrical wire.

When that breaks down, signals misfire and you get pain, tingling, and numbness. Nerve reverse provides just 300 milligrams of benfotiamine, nerve vitality provides 600 milligrams and that is a big, big difference, especially when you look at the research.

And I've seen that and experienced that when people are doing good with nerve reverse but need more oomph, we add more benftotiaimine. We get a better result.

Vitamin B12 as methylcobalamin. The nerve reverse formula has 2000 micrograms, mine has 2500. Now that's going to vary from person to person whether or not that extra 500 micro grams is useful.

Some people will find it better, some will not necessarily notice the difference. Notice though that I'm definitely using the methylated form and that is the neurologically active form of B-12.

It's the form that your nervous system actually uses. Methylcobalamin has been shown to promote axonal regeneration, that's the regrowth of nerve fibers, and to support myelin synthesis.

So again, supporting the myelin sheath. It also suppresses ectopic nerve firing, which is a significant contributor to neuropathic pain. Research has confirmed improvements in nerve conduction, velocity and reductions in neuopathic in patients supplementing with methylcobilamin.

We have the 2500 micrograms in there because we feel like it's the right amount based on what I can tell. It's not going to be the same for everybody.

Like I say, I honestly don't know if it'll make a difference in some people, but I do believe that some will see more benefit and generally speaking with nerve pain, there is a higher need for B12.

And so throwing the extra 500 micro grams in their to me made sense. It also has methylfolate. Of course, we only use the methylated form, never folic acid.

This difference is critically important because folac acid is a synthetic form that requires conversion by an enzyme called MTHFR and a significant portion of the population, about 40 to 50 percent, maybe more, has Mthfr as a variant issue in their genetic DNA and that is the problem.

So we're always using the methyl folate Both formulas, nerve reverse and nerve vitality, have 2000 micrograms per dose. And B12 and methylfolate work in tandem.

We also have the most important form version of vitamin B6 known as P5P, also the cell-ready form. It's the active coenzyme form of B 6 and the one that the body knows how to use without converting it.

We don't want pyridoxine HCl that has to be converted in the liver and that's difficult for a lot of people to do. So we have the right form and I believe we had it at the absolute best dose because too much B6 can actually create nerve discomfort.

Not enough B 6 can create nervous discomfort and everything that I can find 300 milligrams is a safe, it's not going to make things worse, but an effective dose.

It should make better at 30 milligrams per day. Now I've only put 2,500 units of vitamin D3 in here. This is the one part of my formula. Its lower in dose and it is not a money saving thing because vitamin d doesn't add any cost to the product at all.

doubling it would have made no difference at all. But many people in this audience are already using vitamin D3 and K2. Oftentimes it's the vital D 3 K 2 from Vitality Nutrition, the ultimate vitality multi.

And I simply didn't want to overdo vitamin d three for people that are using it from another source. So we're leaving 2,500 in there. with the 120 micrograms of K2, but it's really important to understand that research consistently shows that people with lower vitamin D levels experience significantly worse neuropathy symptoms.

And so we've got to have it in there. I just felt like the right dose for most people is going to be 2,500 because so many people are already taking vitamin d3.

and again, we put the vitamin K 2 in their, and I'll tell you why it is not in nerve reverse.

B12, methylfolate, B6, and vitamin D3 with K2

truth. Most people don't know that you need K2 with D3. You're probably ahead of the curve that way because I think most people listening to this show are, but most People don' and they know vitamin D 3 is good.

So they see it in there. Maybe they've read that D three is great for nerve pain. and so that's important right but vitamin k2 from mk7 costs 50 times more than d3 so many manufacturers simply won't add it because the consumer is not demanding it and unfortunately that is a major oversight it would drive the price of the product up And most manufacturers simply aren't going to do that.

But there is research actually that besides what it does for calcium direction, which we already talked about, there's a study from Rome published in 2023 that found that MK7, that specific form of K2, was associated with the down regulation of genes involved in neurodegeneration and neuroinflammation.

including genes tied to the amyloid pathway. A double-blind randomized controlled trial found that adult supplementing with vitamin K2 daily showed improved neuromuscular signaling compared to placebo, particularly in older adults.

Now, when I first started formulating this product, I didn't know about that research. I just simply wanted to make

the D3 more safe. And I thought, I'm going to put an expensive ingredient in here.

It's going drive the cost of the product up, but it's, it the right thing to do for the formula. And that's what I always try to accomplish. So then I started to read and I was like, oh my gosh, this is awesome because not only is this better for you and safer, there's actually additional benefit associated with it, which is amazing because MK7 specifically has also been shown to down regulate inflammatory cytokines, TNF alpha and IL-1 beta in a dose dependent manner.

Meaning the more you take, the better the result. And I chose 120 micrograms for two reasons. It's enough in all the research I've done to counter the D3 that's in the formula for sure.

probably actually even a little bit more than you need for that. But I didn't want to drive the price of the product up any more that I needed to by adding it in there.

And again, you are likely already taking my Ultimate Vitality Multivitamin or my Vital D3 K2 or maybe even both, and it didn' make sense to overdo K two.

So whenever we're doing these formulas, I'm trying to make it work for the masses as much as possible, but check this out. Those inflammatory signaling molecules are elevated during neuropathic conditions, and this includes post-COVID neurophathy.

So the K2 in this formula, along with whatever other K-2 you're getting, if you are using the Multi or using D3K2, the higher dose of K2 with that combination delivers even a higher reduction in these inflammatory signalers.

So that's why I chose the dose where it is, I think, because you get 180 in the Multi, you got 180 and the Vital D3 K-2 lower potency or 360 K 2 in The High Potency Vital-D3-K2.

Regardless, adding the 120 in is not going to be too much. The research is very, very certain on that. You won't overdose on K2 unless you try. In fact, they can't find an overdose no matter how hard you tried, but you're certainly not gonna overdose at this dose.

And so that's the formula, that how it's developed, why it developed and it as confident as I could possibly be in a new formula because I've already had great success with what now I consider, what I once considered to be the best formula on the market and now consider a little bit inferior for those reasons that I have already presented.

And then how about price? Well, here's deal with vitality and I want to make sure this is clear. Because there's a lot of things that can drive the price up of a product.

The ingredients are the most important thing. That's the baseline of, you know, why any product costs what it costs. It's why, some herbs cost more than other herbs and some vitamins cost, more other vitamins.

Just the raw material costs itself. But the biggest thing is marketing. And right now, maybe this will change. I don't know. We haven't done it yet. we'll see if we decide to do more marketing, what we do right here at Vitality Nutrition.

But right. My marketing engine is this podcast. Do free stuff on Facebook and Instagram. And I talk to people that come into my stores now and we have our website, but we've never spent a dime up to this point on Google ads, Facebook ads Instagram ads and none of that stuff.

I put out this show twice a week. It's how I market these products. And then I get my face and my voice on other people's podcasts. In fact, you may have already seen this, but I was just on Carl and call from just ingredients, her podcast, uh, just a few weeks ago.

And I get my word out that way. That's doesn't cost anything. It's just a time thing. And therefore, because I don't have that and I, don' have a sales team out in the marketplace, selling to stores and things like that.

I. Don't pay for influencers and. Have any kind of distribution other than me. it all comes directly from my stores or my website. i'm able to cut costs dramatically on the marketing side.

and therefore give you a higher potency, higher quality, and higher efficacy product for less money. Nerve Reverse Online, almost everywhere, is $44.99. On our website, it's $42.90 for a 30-day supply.

They have a 90- day supply that's a $119.95. That sounds crazy, 120 bucks, but it is 40 bucks a month. It's not terrible for what is a really, really good and effective product.

Nerve Vitality, however, is $35.99 for a 30-day supply. So that's $7 cheaper for that month's supply, and we're introducing it at 15% off. So you can get it for even significantly less than that.

So $7 cheaper for the 30-day supply, $20 cheaper the 90- day supply. We're at $99.99, so 33 bucks a month for a superior nerve health product. I think it's an incredible value for product and we're introducing the large one at 15% off as well.

You're looking at 85 bucks for three months supply and here's the kicker. If you subscribe at those prices, you'll maintain those price up until if and when I have to increase the price, but you get that deal locked in.

Pricing, value, and stacking with GLP-1 formula

That gets you under $30 a month if you're buying that 90 count bottle. And of course you can cancel your subscription anytime, But as long as you open it and keep it, then you that discount.

So great value, higher potency product with the vitamin K2. that's what we're doing with nerve vitality. and I want to mention one more thing and then I'm going to let you go.

If you're also using our GLP-1 metabolic optimizer and you've got the question, what about the alpha lipoic acid in there? Well, there's some interesting research on alpha-lipoic-acid.

Most of the best research is at 600 milligrams. That's why I chose that amount for nerve vitality. There's 400 milligrams in the GLP-1 formula. Now I mentioned in The GL-P1 Show that I would have put 600 milligrams or more, could it, had I been able to fit it in three capsules, I just couldn't make it work.

And so I put the max in that, that could fit. I'm happy with 400mg because there's good research at 400 mg, but I wouldn't even happier at 600 mg. Now the question is, can you take both of these and have a thousand milligrams?

Well, yes, because as I mentioned earlier, 1200 milligrams, there's a lot of good research on alpha lipoic acid at 800. There's good at 1200. And so between the two, you'd be getting a 1000 milligrams if you're dealing with blood sugar issues specifically.

Insulin resistance higher a1c higher fasting glucose, you know metabolic syndrome or metabolic disorders anything along those lines more alpha lipoic acid is better if you're dealing with nerve pain and nerve issues and degradation of the myelin sheath more alphalopoic Acid is Better.

So glp-1 metabolic optimizer pairs beautifully with their vitality. I was formulating them at the same time. You've got a diagnosis. The GLP-1 formula is designed to address that root cause, improving insulin sensitivity, stabilizing blood sugar, supporting the metabolic environment, and nerve vitality works on what's already happened, giving your nervous system the nutrients it needs to protect, maintain and support nerve tissue while the metabolic picture is improving.

They're working on the same problem from two different angles. And you'll notice, like I said, that they both have the alpha lipoic acid in them, but they are in there at the doses that I think makes sense for the reasons that i've already discussed.

So nerve vitality is designed to support nerve function, nerve health, and the nutritional environment that healthy nerves depend on. It's not a treatment for any disease.

If you've been diagnosed with a medical condition affecting your nerves, please work with the qualified healthcare provider, ideally one who believes like we do, right?

Who's willing to look at nutritional approaches and supplemental approaches, functional medicine approaches. That said, the people that I think about most when I thing about this formula are people that I've talked to in this store so many times over the last several years, especially since COVID.

Anyone dealing with tingling, numbness or burning sensations in their extremities, anyone with a history of blood sugar imbalances or metabolic issues where nerve vulnerability is higher, Anyone who has had COVID and is still experiencing unexplained nerve symptoms weeks or months or years later.

anyone who's been taking high dose vitamin D3 without K2, and wants to correct that. And of course, anybody that's already using nerve reverse and want something even better and safer.

All right. That is the show today. I hope that this made sense and walks in with you. If you're dealing with this or you know someone who is, of, course if you have questions, call us 801-292-6662, walk into one of our stores, South Ogden or Bountiful, or check us out online, vitalitynutrition.com.

Until next time, I'm Jared St. Clair and this has been Vitality Radio. Thanks for listening to the Vitaly Radio podcast. If this episode helped you follow the show, share it with someone and explore trusted education and resources at vitalitynutrition.com.

See you next time. Hello, everyone. I hope you enjoyed this week's episode of Vitality Radio. Just a reminder that this podcast is for educational purposes only.

This podcast has not been evaluated by the FDA. Thank you.