

revital **U**

Revital U Ingredient Glossary



April 2022



Science shouldn't stop you from deciphering the label on Revital U products. Here is our Ingredient Glossary showing you a comprehensive collection of ingredients used in our products.

Through our deliberately developed ingredient selection process, each ingredient is carefully chosen and assessed for product safety and its self-evident intended benefits. Each ingredient in Revital U products goes through an extensive research, review and validation process.

All ingredients must meet our stringent identity, active ingredient and quality specifications to ensure the efficacy of our products. We source the highest quality ingredients from around the world – and only those that meet our exacting specifications are accepted.

PURE ■ POTENT ■ PROVEN



5-HTP

5-Hydroxytryptophan (5-HTP) is a naturally occurring amino acid that promotes a sense of calm and wellbeing. 5-HTP is used by the human body to make its own serotonin, an important 'feel good' substance for normal nerve and brain function. Serotonin appears to play significant roles in sleep, emotional moods, pain management, intestinal movement, and other body functions. Adequate serotonin levels are also associated with healthy body weight.*

100% ARABICA COFFEE

Arabica coffee is the world's most popular type of coffee. Derived from the coffee arabica plant, this premium roast is sweet with a slight, pleasant acidity and light bitterness. Arabica coffee is rich in antioxidants. The coffee contains caffeine to increase focus and alertness, and is low in calories. Arabica coffee also contains small amounts of vitamins and minerals such as niacin, magnesium, riboflavin, manganese, and potassium.*

APPLE CIDER VINEGAR

Apple Cider Vinegar obtained by a natural double fermentation process has its origin in apple juice and can contribute to holistic health benefits. Rich in polyphenols and powerful antioxidants it provides acetic acid, numerous vitamins, minerals, and pectin. Mostly selected for its digestive health properties, it is thought to also work for weight management by reducing appetite and increasing energy expenditure.*

ASHWAGANDHA (ROOT) EXTRACT

An adaptogen herb from India, also known as "Indian Ginseng", Ashwagandha (*Withania somnifera*) is often used in Ayurvedic preparations for stress. Adaptogens are believed to help the body relieve physical and mental stress due to their positive effect on endocrine, cardiopulmonary, and central nervous systems. This herb is well studied for its health benefits ranging from stress and anxiety relief, to improved cognitive function. Its main phytochemical constituents are withanolides.*

CHAMOMILE ESSENTIAL OIL

Chamomile (*Matricaria chamomilla*) has been used as a traditional medicine for thousands of years to calm anxiety and settle stomach. Emerging research has uncovered other potential effects related to mood, mental state and promoting restful sleep. The health benefits of chamomile have been associated with its active constituents such as apigenin, bisabolol and chamazulene.*

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CHAMOMILE (FLOWER) EXTRACT

Chamomile (*Matricaria chamomilla*) is one of the most popular herbal ingredients often enjoyed as a calming tea made from its flowers – based on its traditional use to calm anxiety and settle stomachs. Emerging research has uncovered other potential effects related to mood, mental state and promoting restful sleep. The health benefits of chamomile have been associated with its active constituents such as apigenin, bisabolol and chamazulene.*

CHOLINE CDP

Also known as Citicoline, is a potent brain-health nutrient that occurs naturally in our bodies. It is a building block of cell membranes and can increase the production of phosphatidylcholine – which is key to brain function. Studies show citicoline can help support mental energy, focus, attention and memory recall. It is also being studied for long-term brain and cognitive health and for reducing cravings.*

CHROMIUM CHLORIDE

Chromium is an essential trace mineral involved in normal glucose metabolism that can help retain healthy blood sugar levels. Chromium is also involved in protein, carbohydrate and lipid metabolism, thereby providing support for cellular energy. Additionally, it regulates insulin, which can help reduce sugar and carbohydrate cravings. Chromium also plays a role in healthy peripheral nerve function. It is naturally found in whole grains, vegetables, fruits, meats, and dairy. Although needed in very small quantities, many people do not get enough of this essential mineral from diet alone.*

CITRIC ACID

Citric Acid is an organic compound that occurs naturally in citrus fruits. This is what gives citrus fruits their characteristic tart/sour taste. Used as a flavoring agent it adds a natural citrus taste and helps with pH balance of formulations.*

COCONUT OIL

Referenced in many studies, Coconut Oil has been recognized for its benefits to help support cardiovascular function along with aiding in the improvement and efforts to maintain healthy and balanced cholesterol levels. This nutritious oil demonstrates many benefits from assisting in slowing the aging process to promoting healthy living.*

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COFFEE ARABICA (FRUIT) EXTRACT

A patented extract of whole fruit from coffee arabica cherries which aids in supporting brain health. Clinical studies have shown the ability of this broad-spectrum, flavonoid-rich extract to significantly increase the levels of key neuroprotein BDNF (brain-derived neurotrophic factor), vital to learning, memory and higher thinking.*

DANDELION (ROOT) EXTRACT

Dandelion (*Taraxacum officinale*) is a flowering plant traditionally used for cleansing and detoxification. Dandelion roots are nutrient-rich and used in food throughout the world. Research has shown it to be an aid in digestion making it a popular plant to use in any cleansing regimen. Dandelion extract is studied for its liver health benefits. It is believed to inhibit pancreatic lipase, decrease lipogenesis, and reduce inflammation in the liver.*

ECHINACEA (HERB) EXTRACT

Also known as purple coneflower, this native American medicinal plant is one of the most well-known herbal remedies. Echinacea is abundant in alkamides, caffeic acid derivatives, polysaccharides and glycoproteins and has been shown to have immunomodulatory and anti-inflammatory properties. Its ability to strengthen the body's immune system to defend against germs and its effect in reducing the severity and duration of symptoms have also been well-documented.*

EUROPEAN BLACK ELDERBERRY JUICE CONCENTRATE & EXTRACT

Elderberry has emerged as one of the most valued and popular herbal ingredients worldwide due to its remarkable ability to strengthen the immune system against seasonal challenges. It has a long history of traditional use among European herbalists, documented since ancient times. Dark purple elderberries are rich in polyphenols such as flavonols, phenolic acids, proanthocyanidins and anthocyanins. U Defend blend is crafted with just the right proportions of elderberry juice and extract to maximize its immune defense benefits.*

GARCINIA (FRUIT) EXTRACT

Garcinia cambogia is a tropical fruit found in the coastal regions of Southeast Asia and India. Originally used for cooking, it was introduced into the nutritional field after scientists discovered its numerous dietary and health benefits. The peel of the fruit contains high amounts of hydroxycitric acid (HCA), which is the active ingredient responsible for appetite control and weight management.*

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GINGER (ROOT) POWDER

Ginger (*Zingiber officinale*) has a long history of use as a popular dietary condiment and in folk medicine. It helps promote digestion, reduces nausea, and provides gastrointestinal tract comfort. Gingerols and shogaols are extensively studied bio-actives present in ginger that accumulate in the gastrointestinal tract and are associated with its effectiveness. It has also been associated to help fight symptoms associated with seasonal challenges and is thought to possess anti-inflammatory properties.*

GRAPE & APPLE POLYPHENOLS (VINITROX™)

Vinitrox™ is a combination of apple and grape polyphenols that produce a synergistic effect to increase Nitric Oxide levels in the body for healthy blood vessels, circulation and blood flow. Vinitrox™ is a powerful antioxidant that can help enhance performance and increase endurance.*

GREEN TEA (LEAF) EXTRACT (CATECHIN OLIGOMERS)

A patented gallate-enhanced oligomer derived from green tea extracts. It has been shown to enhance blood flow by increasing the body's Nitric Oxide levels. It is also known to support mental focus and endurance, regulate body temperature, and improve oxygen delivery to the brain.*

GUAR GUM

Dietary fiber obtained from the endosperm of the seeds of the Indian cluster bean (*Cyamopsis tetragonolobus*). It contains complex polysaccharide called galactomannan which has an affinity for water and helps optimize the consistency of drinks. It also finds its use in many food applications like soup mixes, gravies, and baked goods.*

HEMP OIL/FULL SPECTRUM HEMP EXTRACT

Full spectrum hemp extract is a great way to experience the benefits of whole hemp plant – which range from promoting calmness, pain management and helping sleep. Pure, potent, full spectrum hemp extract ensures full synergy of the entourage effect of its naturally occurring active constituents including CBD, other cannabinoids, terpenes and flavonoids.*

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HONEY POWDER

Honey, a delicious and healthy sweetener from nature, is known for its therapeutic abilities since ancient times and is often associated with anti-microbial and anti-aging effects and promoting longevity. It contains oligosaccharides that help promote the prebiotic effect. The health benefits of Honey are also associated with the presence of phenolic compounds. Studies have pointed towards its effectiveness in promoting heart health and weight management as well.*

INULIN

Our Inulin is a soluble dietary fiber, extracted from chicory roots. It is a prebiotic plant-based fiber that promotes the growth of beneficial gut bacteria (probiotics) which can improve gut health and regularity. Maintaining gut function helps the body with its flushing and cleansing process. Including more prebiotics in the diet has also been associated with maintaining a healthy immune system, decreased blood cholesterol and fat levels and improved mineral absorption.*

KOMBUCHA TEA EXTRACT

Known for its weight management and gut health promoting properties attributed to naturally occurring compounds – acetic acid and antioxidant polyphenols, our kombucha tea is made from fermented green tea leaves extracting its most beneficial actives.*

LARCH (HEARTWOOD) ARABINOGALACTAN

Natural form of dietary fiber that comes from dry heartwood of the Larch tree. It has prebiotic effect and has long been used to promote gut and intestinal health and to reduce inflammation, both of which are essential to a healthy immune system. Larch is known to have a dual mode of action by balancing the gut microbiota and other by stimulating the immune system as it passes through the gut. Many recent studies have demonstrated that dietary intervention with arabinogalactan from Larch could increase resistance to infections in a number of ways.*

LAVENDER ESSENTIAL OIL

Lavender (*Lavendula angustifolia*) essential oil is one of the most popular aromatherapy ingredients used for its powerful yet gentle, soothing, calming and relaxation effects. The actives are derived from the distillation of the flower spikes which contains a family of compounds called monoterpenes including active constituents such as linalool and linalyl acetate. Research suggests that it may be useful for anxiety, insomnia, depression, and restlessness.*

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L-THEANINE

Known as the “feel-good” amino acid, L-Theanine provides and assists with the calming effects on the brain by increasing levels of serotonin and dopamine. It is an amino acid that naturally provides relief from anxiety and stress. L-Theanine functions as a neurotransmitter for internal body communication, providing a more balanced system overall.*

MCT OIL

Medium-Chain Triglycerides (MCTs) are fats that are naturally found and extracted from the fruit of the coconut and are associated with its many health benefits. MCTs are known for providing quick energy due to their fast absorption and for supporting a sharper brain. Scientists believe this nutrient rich oil encourages the body to use fat for energy instead of storing it within the body.*

MELATONIN

Melatonin helps you fall asleep naturally and enter a state of deep relaxation. It is a hormone found in the human body that helps regulate sleep-wake cycles. Darkness causes the body to produce more melatonin, which signals the body to prepare for sleep. Light decreases melatonin production and signals the body to prepare for being awake. Since sleep is important for overall wellbeing, giving the body the extra boost of melatonin prepares the body for rest.*

MILK THISTLE (SEED) EXTRACT

Milk thistle (*Silybum marianum*) has been used as an herbal remedy for almost 2000 years. Milk thistle has hepatoprotective effects and may protect the liver against damage from toxins to maintain long-term health of the liver. Silymarin, an active constituent of milk thistle is a flavonoid complex that acts as an antioxidant by neutralizing damaging free radicals and is shown to contribute towards healthy blood sugar levels, liver, heart and brain function.*

MONK FRUIT EXTRACT

Also known as Luo Han Guo, and used for its sweetening benefits, the Monk Fruit has become a very popular replacement for high calorie sweeteners. This exotic fruit has been grown in Asia for over 800 years. In its raw state it is believed to have antioxidant properties and has been used for centuries for medicinal purposes. Monk fruit sweeteners are extracted by removing the skin and the seeds and crushing the fruit to collect the juice. Revital U has chosen this exciting new sweetener because it provides an effective way to sweeten with zero calories and is a great complement to Stevia to round out the taste of Smart Cocoa and Defend.

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NATURAL CAFFEINE FROM GREEN COFFEE BEAN / GREEN TEA EXTRACT

Natural caffeine from green coffee beans is known for its energy-enhancing and thermogenic effects. Revital U carefully selects green coffee beans or green tea as a source based on the best application for the specific product and its targeted benefits. Caffeine works with your metabolism to assist in weight management, enhancing mood and maintaining energy to support increased activity level.*

ORGANIC COCOA POWDER / COCOA POWDER

For centuries food technologists, scientists and researchers have studied the cacao bean for its natural essential mineral content, such as Magnesium, Calcium, Iron, Zinc, Copper, and Potassium. Cocoa is also a rich source of high-quality antioxidants called Polyphenols. A growing body of scientific evidence suggests that the intake of Cocoa Polyphenols may promote cardiovascular health by helping maintain healthy blood pressure and resisting plaque buildup in the blood vessels. It has also been associated with anti-platelet, anti-inflammatory, and improved metabolic and endothelial function. Selecting a nutrient rich cocoa blend with decadent, creamy, rich taste of the Smart Cocoa makes this a unique one-of-a-kind product. Its taste, flavor and color are optimized by trained sensory analysts and food technologists. Revital U Smart Cocoa is not only a chocolate lover's delight but is chock-full of nutrients.*

PASSIONFLOWER ESSENTIAL OIL

Passionflower (*Passiflora incarnata*), used traditionally to help with sleep is a climbing vine with white and purple flowers that is native to the southeastern United States, and Central and South America. Its active constituents include vitexin, chrysin and coumarin and are associated with its calming, stress relieving, focus and attention effects.*

PEPPERMINT ESSENTIAL OIL

The many peppermint (*Mentha piperita*) oil uses have been documented back to 1,000 B.C. and have been found in several Egyptian pyramids. Today, peppermint oil is recommended for its anti-nausea benefits and soothing effects on the gastric lining and colon. It has a characteristic refreshing aroma and taste.*

RHODIOLA (ROOT) EXTRACT

Rhodiola *rosea* assists the body in its response to physical, mental and environmental stress. It has been used to help fight fatigue and uplift moods. Rhodiola is also known to have positive effects on supporting the cellular structure as it diminishes with age. This powerful extract helps provide vital assistance in aiding the body with energy for daily activities.*

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SAFFRON (STIGMA) EXTRACT

Our saffron extract is derived from the *Crocus sativus L.* plant species grown in Spain and is standardized to its active safranal content. This prized spice is a favorite among culinary chefs around the world. New science has unveiled the benefits of saffron for the nervous system and its powerful impact on lifting mood and appetite control.*

SCHISANDRA (FRUIT) EXTRACT

Schisandra (*Schisandra chinensis*) is an adaptogen that has been used traditionally for energy, immune support, mood-enhancing effects and maintaining healthy liver function. It has also been shown to support and boost cognitive activity. Its activity is due to the presence of bioactive metabolites lignans, polysaccharides, essential oil, organic acids, and vitamins. A fruit berry that is known for its numerous health benefits is described as having five tastes: sweet, salty, bitter, pungent, and sour.*

SEA SALT

A sprinkle of gourmet Sea Salt in the sophisticated union of organic chocolate rounds out the decadent taste of the Revital U Smart Cocoa and enhances the berry flavors of Defend. Harvested from the sea salt mines in Israel it brings a multitude of trace minerals and nutrients to help the body maintain a healthy balance.*

SENNA (LEAF) EXTRACT

Nature's safe and powerful laxative that works gently, its effectiveness comes from naturally occurring sennosides in Senna (*Cassia angustifolia*) leaves that have stimulant laxative properties, useful for relieving occasional constipation and bowel clearance. Standardized extract ensures effectiveness and purity. Extract and Tea made from its leaves have long been used in herbal medicine.*

SPEARMINT ESSENTIAL OIL

The spearmint (*Mentha spicata*) essential oil is multipurpose and is used generally for its overall soothing effects on the skin as well as its calming effects internally. The herb is steam-distilled to produce the essential oil and concentrate its active constituents.*

STEVIA (LEAF) EXTRACT

A plant-based sweetener extracted from the leaves of *Stevia rebaudiana* – a plant that is native to Paraguay and Brazil. The extract from this remarkable plant has been found to be upwards of

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200 times sweeter than table sugar with zero calories, and is used as a safe supplement for the human diet. It has been included in our Smart Cocoa and Defend to round out the delicious taste but leave the calories behind.

SUCRALOSE

Discovered twenty-years ago this highly popular sweetener is a substitute for calorie containing sugars. Used throughout the food industry and nutritional field it is a selected choice ingredient to help increase the sweetness in a product without the bitter after taste. In a miniscule amount, and as a complement to the plant-based Stevia and Monk Fruit sweeteners sucralose effectively helps round out the zero-calorie sweetener system in Smart Cocoa.

TURMERIC (ROOT) POWDER

Turmeric (*Curcuma longa*) is a medicinal plant extensively used in Ayurveda. The rhizomes of the plant produce a bright yellow powder that has been used as a spice for centuries. The health benefits of Turmeric are mainly due to a polyphenol substance called curcumin, which is known to have powerful anti-inflammatory and antioxidant effects. Ancient wisdom, validated by modern science, turmeric is now used for a variety of conditions, including arthritis, fatty liver, digestive disorders as well as respiratory challenges.*

VITAMIN B₃

Vitamin B₃, also called niacin, is an essential nutrient and one of the eight B-Complex water-soluble vitamins. Niacin has a wide range of uses in the body, helping functions in the digestive system, skin and nervous system. It contributes significantly to energy yielding metabolism, reduction of tiredness and fatigue. Niacin is also associated with promoting heart health by helping retain normal cholesterol levels.*

VITAMIN B₆

Vitamin B₆ (pyridoxine) is a water-soluble vitamin. It is extremely versatile and performs a wide variety of critical functions in the body, involving more than 100 enzyme reactions, mostly concerned with protein metabolism. Vitamin B₆ is important for normal brain development, for keeping the nervous system and immune system healthy, and for promoting natural production of sleep-inducing melatonin in the body.*

VITAMIN B₁₂

Carefully chosen methylcobalamin is the active form of Vitamin B₁₂ and plays a role in many body functions. Vitamin B₁₂ is mainly found in foods of animal origin as it is synthesized by

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certain bacteria in gastrointestinal track of animals and then absorbed by the host. It contributes to normal energy yielding metabolism, reduces tiredness and fatigue. This water-soluble vitamin is one of the eight B-Complex vitamins and aids in the red cell formation and prevention of anemia.*

VITAMIN C

Virtually synonymous with immune defense, Vitamin C is an essential micronutrient and L-ascorbic acid is most bioavailable form for the body. It contributes to immune defense by supporting various cellular functions. It helps in the absorption of iron present in plant-based food. Also, powerful antioxidant, vitamin C may help promote long term cellular health and strengthen skin defense.*

VITAMIN D₃

Vitamin D₃ is known as the “Sunshine Vitamin”, and is the same natural form that our skin produces in the presence of sunlight and is considered the more effective form of Vitamin D in increasing the blood levels of calcifediol. Vitamin D’s role in helping the body absorb calcium and phosphorous is well known for bone health, healthy teeth and normal muscle function. New science has revealed its benefits in supporting the immune system and its role in maintaining the health of the upper respiratory tract.*

XANTHAN GUM

Commonly used in foods, xanthan gum is a gluten-free polysaccharide derived through the natural fermentation process. It is used in Smart Cocoa to optimize its consistency and give it its preferred thicker texture.

XYLOOLIGOSACCHARIDES (XOS)

XOS is a natural prebiotic plant fiber which consists of polysaccharides made of xylose units. It works particularly well in combination with Inulin to maximize its gut health and immune benefits. This prebiotic fiber helps eliminate bad bacteria and promotes good intestinal and digestive health, and has also been found to be beneficial in maintaining a healthy immune system.*

ZINC

Zinc is an essential mineral our body cannot produce but critically needs. Zinc helps in normal function of immune system and reduces the impact of oxidative stress on cells. It is required for DNA and protein synthesis, macro nutrient metabolism. Its role in optimizing immune function and minimizing the severity and duration of the adverse effects of seasonal challenges is well established. Gluconate form is chosen for ease of absorption by the body.*

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Product Ingredient	SMART COFFEE 	SMART CAPS 	SMART COCOA 	DEFEND 	SWEET DREAMS 	SLIM TEA 	PEACH SLIM TEA 
5-HTP					✓		
100% ARABICA COFFEE	✓						
APPLE CIDER VINEGAR						✓	✓
ASHWAGANDHA (ROOT) EXTRACT						✓	✓
CHAMOMILE ESSENTIAL OIL					✓		
CHAMOMILE (FLOWER) EXTRACT						✓	✓
CHOLINE CDP	✓	✓	✓				
CHROMIUM CHLORIDE	✓	✓	✓				
CITRIC ACID						✓	✓
COCONUT OIL			✓				
COFFEE ARABICA (FRUIT) EXTRACT	✓	✓	✓				
DANDELION (ROOT) EXTRACT						✓	✓
ECHINACEA EXTRACT				✓			
EUROPEAN BLACK ELDERBERRY JUICE CONCENTRATE & EXTRACT				✓			

Product Ingredient	SMART COFFEE 	SMART CAPS 	SMART COCOA 	DEFEND 	SWEET DREAMS 	SLIM TEA 	PEACH SLIM TEA 
GARCINIA CAMBOGIA (FRUIT) EXTRACT	✓	✓	✓				
GINGER (ROOT) POWDER						✓	✓
GRAPE & APPLE POLYPHENOLS (VINITROX™)	✓	✓	✓				
GREEN TEA (LEAF) EXTRACT (CATECHIN OLIGOMERS)	✓	✓	✓				
GUAR GUM				✓			
HEMP OIL/FULL SPECTRUM HEMP EXTRACT					✓		
HONEY POWDER						✓	✓
INULIN						✓	✓
KOMBUCHA TEA EXTRACT							✓
LARCH (HEARTWOOD) ARABINOGALACTAN				✓			
LAVENDAR ESSENTIAL OIL					✓		
L-THEANINE	✓	✓	✓				
MCT OIL			✓		✓		
MELATONIN					✓		

Product Ingredient	SMART COFFEE 	SMART CAPS 	SMART COCOA 	DEFEND 	SWEET DREAMS 	SLIM TEA 	PEACH SLIM TEA 
MILK THISTLE (SEED) EXTRACT						✓	✓
MONK FRUIT EXTRACT			✓	✓			
NATURAL CAFFEINE FROM GREEN COFFEE BEAN / GREEN TEA EXTRACT	✓	✓	✓	✓			
ORGANIC COCOA POWDER / COCOA POWDER			✓				
PASSIONFLOWER ESSENTIAL OIL					✓		
PEPPERMINT ESSENTIAL OIL					✓		
RHODIOLA (ROOT) EXTRACT	✓	✓	✓				
SAFFRON (STIGMA) EXTRACT	✓	✓	✓				
SCHISANDRA (FRUIT) EXTRACT						✓	✓
SEA SALT			✓	✓			
SENNA (LEAF) EXTRACT						✓	✓
STEVIA (LEAF) EXTRACT			✓	✓	✓		
SPEARMINT ESSENTIAL OIL					✓		
SUCRALOSE			✓				

Product Ingredient	SMART COFFEE 	SMART CAPS 	SMART COCOA 	DEFEND 	SWEET DREAMS 	SLIM TEA 	PEACH SLIM TEA 
TURMERIC (ROOT) POWDER						✓	✓
VITAMIN B ₃	✓	✓	✓	✓			
VITAMIN B ₆					✓		
VITAMIN B ₁₂				✓			
VITAMIN C				✓			
VITAMIN D ₃				✓			
XANTHAN GUM			✓				
XYLOOLIGO-SACCHARIDES (XOS)						✓	✓
ZINC				✓			



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