# OVERT

overtwellness.com

# Our Commitment to Quality and Standards

You should be able to look at an Overt label and understand what we chose, why it's there and how we assess its quality.

**How we source**

We choose ethically sourced ingredients. For botanicals, that means naming the plant and the part we use, along with the extract or form when it matters.

**How we test**

Our quality standard calls for independent laboratory testing of our supplements. We look at ingredient identity and purity, and check for relevant contaminants.

**How we make our supplements**

Current Good Manufacturing Practice (cGMP) requirements guide our manufacturing and quality controls, from the ingredients we receive to the finished supplement.

**What we share**

Our labels name the ingredients. Our guide explains their roles and links to the published studies, so you can see what researchers tested and where questions remain.

# Our story

OVERT began with a simple idea: build a supplement company you can trust. That means being open about our ingredients, methods and sources, consistent in our quality, and guided by current science. We select high-quality, ethically sourced ingredients and make independent third-party testing of every ingredient part of our process. The details behind our products should be yours to see.

You deserve clear, honest information about what is in your supplement and why it is there. In an industry crowded with proprietary blends and ambitious promises, we believe trust starts with a label you can understand and evidence you can examine. We share our sources, explain our choices and keep learning as the science evolves.

Our products are manufactured under current Good Manufacturing Practice (cGMP) requirements, with published research informing our ingredient and dose choices. We bring that same care to the information we share, so you can make informed decisions about what you take.

# Hovenia dulcis extract

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Findings are preliminary and specific to the tested extracts, doses and participants. These studies do not establish that OVERT prevents hangovers or protects against alcohol-related harm.

**01 HUMAN RANDOMIZED CROSSOVER TRIAL**

Kim H, Kim YJ, Jeong HY, et al. A standardized extract of the fruit of Hovenia dulcis alleviated alcohol-induced hangover in healthy subjects with heterozygous ALDH2: a randomized, controlled, crossover trial. Journal of Ethnopharmacology. 2017;209:167-174.

Twenty-six men with a specific ALDH2 genotype received 2,460 mg fruit extract or placebo with alcohol. Some later symptom measures favoured the extract; peak alcohol and acetaldehyde measures did not differ between groups.

PubMed: 28750942

**02 HUMAN RANDOMIZED CROSSOVER TRIAL**

Paik DH, Lee KW, Shim YY, et al. Efficacy of Hovenia dulcis fruit extract in hangover mitigation: double-blind randomized clinical evaluation. Foods. 2024;13(24):4084.

Thirty adults participated in crossover testing of Hovenia fruit-extract beverages, alone or with other ingredients. Certain blood-alcohol measurements differed from placebo; the beverage compositions cannot be assumed equivalent to another extract or finished product.

PubMed: 39767027

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Hovenia dulcis extract

BOTANICAL EXTRACT

**WHAT IT IS**

Hovenia dulcis is a fruiting tree with a long history in East Asian botanical traditions. This profile describes its fruit extract.

**WHY IT'S HERE**

Hovenia fruit extracts contain plant compounds investigated for antioxidant activity and inflammatory responses. Human evidence is limited to small, extract-specific studies; it does not establish a consistent recovery benefit or protection from alcohol.

**THE SHORT VERSION**

Potential antioxidant activity; meaningful human benefits remain uncertain.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# L-Cysteine

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Small human studies have produced inconsistent findings. Combination products and exploratory symptom analyses do not establish an effect for isolated L-cysteine or the finished OVERT formula.

**01 HUMAN RANDOMIZED CONTROLLED TRIAL**

Eriksson CJP, Metsälä M, Möykkynen T, et al. L-cysteine containing vitamin supplement which prevents or alleviates alcohol-related hangover symptoms: nausea, headache, stress and anxiety. Alcohol and Alcoholism. 2020;55(6):660-666.

PubMed: 32808029

**02 HUMAN RANDOMIZED CROSSOVER TRIAL**

Scholey A, Ayre E, Stock AK, Verster JC, Benson S. Effects of Rapid Recovery on alcohol hangover severity: a double-blind, placebo-controlled, randomized, balanced crossover trial. Journal of Clinical Medicine. 2020;9(7):2175.

PubMed: 32660041

**03 INGREDIENT IDENTITY AND BIOCHEMISTRY**

National Library of Medicine. L-(+)-Cysteine, CID 5862. PubChem Compound Summary.

Read source: pubchem.ncbi.nlm.nih.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# L-Cysteine

AMINO ACID

**WHAT IT IS**

L-Cysteine is a sulfur-containing amino acid found naturally in protein-rich foods and in the body.

**WHY IT'S HERE**

Cysteine is a building block for proteins and for the antioxidant glutathione. These are normal biochemical roles; taking extra L-cysteine has not consistently improved recovery-related symptoms in the small human studies available.

**THE SHORT VERSION**

Supports protein building and the body's glutathione antioxidant system.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Opuntia ficus-indica extract

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Plant part, preparation and extract standardisation matter. Research on fresh cactus fruit or a specific trial extract does not directly validate another concentrated ingredient.


**01 HUMAN RANDOMIZED CROSSOVER TRIAL**

Wiese J, McPherson S, Odden MC, Shlipak MG. Effect of Opuntia ficus indica on symptoms of the alcohol hangover. Archives of Internal Medicine. 2004;164(12):1334-1340.

Fifty-five participants completed both extract and placebo conditions. Three individual symptoms and a severe-hangover measure favoured the extract, but the overall symptom-index difference did not meet conventional statistical significance (P = 0.07).

PubMed: 15226168

**02 HUMAN RANDOMIZED CROSSOVER STUDY**

Tesoriere L, Butera D, Pintaudi AM, Allegra M, Livrea MA. Supplementation with cactus pear (Opuntia ficus-indica) fruit decreases oxidative stress in healthy humans: a comparative study with vitamin C. American Journal of Clinical Nutrition. 2004;80(2):391-395.

Eighteen adults ate 250 g fresh cactus-pear pulp twice daily or received vitamin C for two weeks. Several oxidative-stress markers changed with fruit; this is food-based biomarker research, not a trial of the guidebook's extract.

PubMed: 15277160


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Opuntia ficus-indica extract

BOTANICAL EXTRACT

**WHAT IT IS**

Opuntia ficus-indica is the prickly pear cactus. Its fruit and pads have a vivid culinary and botanical heritage.

**WHY IT'S HERE**

Prickly pear contains betalains and other plant compounds studied for antioxidant effects. Human research uses particular fruit foods or extracts; those findings cannot be assumed to apply to every preparation or predict recovery benefits.

**THE SHORT VERSION**

Potential antioxidant effects, with evidence specific to the preparation studied.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Ingredient reference profile. Check the current label for inclusion.

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# Nicotinamide riboside chloride

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

NR chloride has human data on NAD-related biomarkers and short-term tolerability. Biomarker increases do not establish longevity, hangover prevention, jet-lag relief or benefits for the finished formula.

**01 HUMAN RANDOMIZED CROSSOVER TRIAL**

Martens CR, Denman BA, Mazzo MR, et al. Chronic nicotinamide riboside supplementation is well-tolerated and elevates NAD+ in healthy middle-aged and older adults. Nature Communications. 2018;9:1286.

Twenty-four adults completed six-week periods of nicotinamide riboside chloride and placebo. At 1,000 mg daily, NR increased NAD-related measures and was generally tolerated; the small study did not establish long-term clinical benefits.

DOI: 10.1038/s41467-018-03421-7

**02 HUMAN RANDOMIZED CONTROLLED TRIAL**

Conze D, Brenner C, Kruger CL. Safety and metabolism of long-term administration of NIAGEN (nicotinamide riboside chloride) in a randomized, double-blind, placebo-controlled clinical trial of healthy overweight adults. Scientific Reports. 2019;9:9772.

An eight-week, industry-funded trial assigned 140 adults to placebo or 100, 300 or 1,000 mg NR chloride daily. Whole-blood NAD increased with dose, without significant between-group differences in reported adverse events during the study.

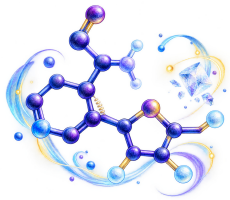
PubMed: 31278280

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

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# Nicotinamide riboside chloride

VITAMIN B3 FORM

**WHAT IT IS**

Nicotinamide riboside is a specific form of vitamin B3. We state the form in full so the label is easy to understand and compare.

**WHY IT'S HERE**

NR helps the body make NAD, a coenzyme needed for normal cellular energy metabolism. Human trials show increased NAD-related measures, but this has not established extra energy, longevity or a predictable everyday benefit.

**THE SHORT VERSION**

Supports NAD production; wider health benefits from supplementation remain unproven.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

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# Zinc L-Carnosine

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

These small studies concern zinc-carnosine and experimental intestinal-permeability measures. They are not evidence that OVERT treats digestive disease or offsets alcohol-related damage.


**01 HUMAN CROSSOVER TRIAL WITH LABORATORY STUDIES**

Mahmood A, FitzGerald AJ, Marchbank T, et al. Zinc carnosine, a health food supplement that stabilises small bowel integrity and stimulates gut repair processes. Gut. 2007;56(2):168-175.

Ten healthy volunteers received zinc-carnosine or placebo during a five-day indomethacin challenge. The permeability increase seen with placebo was not observed with zinc-carnosine. The paper also reports cell and animal experiments, which have different evidentiary limits.

PubMed: 16777920

**02 HUMAN RANDOMIZED CROSSOVER TRIAL**

Davison G, Marchbank T, March DS, Thatcher R, Playford RJ. Zinc carnosine works with bovine colostrum in truncating heavy exercise-induced increase in gut permeability in healthy volunteers. American Journal of Clinical Nutrition. 2016;104(2):526-536.

Eight volunteers completed placebo, zinc-carnosine, colostrum and combined-treatment periods before strenuous exercise. Zinc-carnosine reduced the exercise-associated permeability rise after 14 days. The very small sample and specialised setting limit broader conclusions.

PubMed: 27357095


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Zinc L-Carnosine

MINERAL COMPLEX

**WHAT IT IS**

Zinc L-Carnosine is a complex that combines zinc with the dipeptide L-carnosine.

**WHY IT'S HERE**

This complex has been studied for maintaining the intestinal barrier under experimental stress. Small human trials report changes in gut-permeability measures, but they do not establish broad digestive benefits or protection from alcohol-related injury.

**THE SHORT VERSION**

Potential intestinal-barrier support; human evidence remains limited.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Thiamine hydrochloride

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Vitamin B1 supports normal nutrient metabolism. Absorption studies at pharmacological doses should not be turned into claims that a nutritional serving produces additional energy or treats disease.


**01 OFFICIAL NIH NUTRITION REFERENCE**

NIH Office of Dietary Supplements. Thiamin: Fact Sheet for Health Professionals.

NIH explains thiamin's role in cellular energy metabolism, dietary requirements and deficiency. It identifies thiamin hydrochloride and mononitrate as common stable, water-soluble supplement forms; this supports identity and nutritional context rather than a product-specific benefit.

Read source: ods.od.nih.gov

**02 HUMAN PHARMACOKINETIC CROSSOVER STUDY**

Smithline HA, Donnino M, Greenblatt DJ. Pharmacokinetics of high-dose oral thiamine hydrochloride in healthy subjects. BMC Clinical Pharmacology. 2012;12:4.

Healthy adults received single oral thiamine-hydrochloride doses of 100, 500 and 1,500 mg or placebo. Blood exposure rose nonlinearly with dose. The experiment examined absorption, not everyday energy, hangover outcomes or the guidebook's finished blend.

PubMed: 22305197


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
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Source links are clickable in the digital guide.



# Thiamine hydrochloride

VITAMIN B1

**WHAT IT IS**

Thiamine is vitamin B1, an essential nutrient. Thiamine hydrochloride is a stable, well-recognized supplemental form.

**WHY IT'S HERE**

Thiamine helps enzymes release energy from food and supports the normal function of cells. The hydrochloride form supplies vitamin B1; adequate intake meets a nutritional need, rather than acting as a stimulant or guaranteeing more energy.

**THE SHORT VERSION**

Supports normal energy metabolism and healthy cell function.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# L-5-Methyltetrahydrofolate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

5-MTHF research supports folate-status comparisons. It does not establish a clinical advantage for every salt or delivery system, or substitute for folic-acid-specific public-health recommendations.

**01 OFFICIAL NIH NUTRITION REFERENCE**

NIH Office of Dietary Supplements. Folate: Fact Sheet for Health Professionals.

NIH describes folate's role in one-carbon metabolism, DNA synthesis and cell division, and distinguishes folic acid from 5-MTHF. It also discusses bioavailability, dietary-folate-equivalent labelling, medication interactions and the limits of translating biochemical differences into clinical advice.

Read source: ods.od.nih.gov

**02 HUMAN RANDOMIZED CONTROLLED TRIAL**

Lamers Y, Prinz-Langenohl R, Brämswig S, Pietrzik K. Red blood cell folate concentrations increase more after supplementation with [6S]-5-methyltetrahydrofolate than with folic acid in women of childbearing age. American Journal of Clinical Nutrition. 2006;84(1):156-161.

In 144 women, 24 weeks of [6S]-5-MTHF or folic acid improved folate biomarkers compared with placebo. The higher 5-MTHF dose produced a larger red-cell folate increase; the trial measured folate status rather than disease prevention.

PubMed: 16825690

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
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# L-5-Methyltetrahydrofolate

FOLATE FORM

**WHAT IT IS**

L-5-Methyltetrahydrofolate, also known as 5-MTHF, is a bioactive form of folate. Daily specifies the glucosamine salt.

**WHY IT'S HERE**

5-MTHF supplies folate used in DNA synthesis, cell division and normal amino-acid metabolism. It is an active folate form, but that does not establish universal clinical superiority over folic acid or other folate preparations.

**THE SHORT VERSION**

Supports DNA synthesis, cell division and normal amino-acid metabolism.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

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# Pyridoxal 5-Phosphate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Pyridoxal 5-phosphate is a vitamin B6 coenzyme form. Its biochemical role does not establish superior clinical outcomes, and capsule or tablet absorption results do not validate a powdered blend.


**01 OFFICIAL NIH NUTRITION REFERENCE**

NIH Office of Dietary Supplements. Vitamin B6: Fact Sheet for Health Professionals.

NIH identifies pyridoxal 5-phosphate as an active coenzyme form of vitamin B6 involved in numerous enzyme reactions. The fact sheet covers nutrient requirements, supplement forms and safety concerns associated with excessive vitamin B6 intake.

Read source: ods.od.nih.gov

**02 HUMAN PHARMACOKINETIC STUDY**

Takahashi H, Ogata H, Nagai N, Sugito K, Shimamura H. Variability in absorption lag time of pyridoxal phosphate under fasting and pre- and post-meal conditions. Biopharmaceutics & Drug Disposition. 1994;15(6):505-517.

Researchers studied pyridoxal-phosphate absorption timing in 113 volunteers using plain capsules and enteric-coated tablets. Meals and dosage form affected the delay before absorption. This is delivery-system research, not evidence of a particular wellness outcome.

PubMed: 7993988


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
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Source links are clickable in the digital guide.



# Pyridoxal 5-Phosphate

VITAMIN B6 FORM

**WHAT IT IS**

Pyridoxal 5-Phosphate, often abbreviated P-5-P, is a coenzyme form of vitamin B6.

**WHY IT'S HERE**

Pyridoxal 5-phosphate participates in amino-acid metabolism and the production of neurotransmitters and haemoglobin. Supplying vitamin B6 supports these normal functions; its coenzyme form does not mean that supplementation improves mood, cognition or energy beyond nutritional needs.

**THE SHORT VERSION**

Supports amino-acid metabolism, neurotransmitter production and haemoglobin formation.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Sodium + Potassium

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

These sources explain essential mineral functions and intake context. They do not establish that this serving treats dehydration or is equivalent to a clinical oral-rehydration solution.


01 OFFICIAL NIH NUTRITION REFERENCE

NIH Office of Dietary Supplements. Potassium: Fact Sheet for Health Professionals.

NIH describes potassium's role in cellular fluid balance, nerve signalling and muscle function, and its relationship with sodium. It also explains dietary requirements and why kidney disease or certain medicines can make excess potassium hazardous.

Read source: ods.od.nih.gov

02 OFFICIAL FDA NUTRITION REFERENCE

U.S. Food and Drug Administration. Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake.

FDA explains sodium's role in fluid balance, nerves and muscles while noting that most Americans consume too much. It distinguishes sodium from table salt and explains how a serving contributes to total daily intake.

Read source: fda.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
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Source links are clickable in the digital guide.



# Sodium + Potassium

ELECTROLYTES

**WHAT IT IS**

Sodium and potassium are familiar minerals found in body fluids and everyday foods.

**WHY IT'S HERE**

Sodium and potassium help regulate fluid balance, transmit nerve signals and support normal muscle function. Replacing losses may be useful, but a drink's hydration effect depends on its mineral amounts, overall composition and your individual needs.

**THE SHORT VERSION**

Supports normal fluid balance, nerve signalling and muscle function.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery / No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Allulose

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Allulose is included here for sweetness and body. Research at specified gram-level intakes does not justify a weight-management or metabolic claim for an unspecified amount in OVERT.


**01 OFFICIAL FDA LABELLING GUIDANCE**

U.S. Food and Drug Administration. The Declaration of Allulose and Calories from Allulose on Nutrition and Supplement Facts Labels: Guidance for Industry. 2020.

FDA's guidance discusses allulose's distinct metabolism and labelling treatment, including its 0.4 kcal-per-gram factor and exclusion from declared total and added sugars under enforcement discretion. It is labelling guidance, not an endorsement of a particular product.

Read source: fda.gov

**02 HUMAN RANDOMIZED CONTROLLED TRIAL**

Han Y, Kwon EY, Yu MK, et al. A preliminary study for evaluating the dose-dependent effect of d-allulose for fat mass reduction in adult humans: a randomized, double-blind, placebo-controlled trial. Nutrients. 2018;10(2):160.

A preliminary trial studied 8 or 14 g allulose daily in overweight adults and reported changes in certain body-fat measures. The authors called for further validation; its doses and outcomes should not be extrapolated to this formula.

PubMed: 29385054


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Allulose

SWEETNESS + BODY

**WHAT IT IS**

Allulose is a rare sugar found naturally in small amounts in foods such as figs and raisins.

**WHY IT'S HERE**

Allulose provides sweetness and body with substantially less energy than table sugar. Its main value is sensory: when replacing sugar, it can reduce the sugar and calorie contribution without establishing a weight-management or metabolic benefit.

**THE SHORT VERSION**

Adds sweetness and body with fewer calories than sugar.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Citric acid + Malic acid

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

These acids are included for flavour and acidity. The references describe identity and permitted food uses; they are not clinical trials or evidence of a medical benefit.


**01 FDA IDENTITY AND FOOD-USE REGULATION**

U.S. Food and Drug Administration. 21 CFR §184.1033: Citric acid. Current eCFR text.

The regulation identifies citric acid, describes recognised production routes and specifies its food-grade requirements and conditions of use. It supports the ingredient's identity and practical role in foods; it does not substantiate a therapeutic effect.

Official source: eCFR section 184.1033

**02 FDA IDENTITY AND FOOD-USE REGULATION**

U.S. Food and Drug Administration. 21 CFR §184.1069: Malic acid. Current eCFR text.

The regulation distinguishes L-malic acid from racemic DL-malic acid and describes flavour and pH-control uses. It provides identity, specifications and use conditions, rather than evidence that adding malic acid improves health.

Official source: eCFR section 184.1069


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Citric acid + Malic acid

BRIGHTNESS + BALANCE

**WHAT IT IS**

Citric and malic acids provide tartness. The formulas specify anhydrous citric acid; Daily also specifies DL-malic acid.

**WHY IT'S HERE**

These food acids add tartness and help balance sweetness, giving fruit flavours a brighter finish. They can also contribute to acidity control; the actual pH and stability depend on the complete recipe and preparation.

**THE SHORT VERSION**

Adds bright tartness that balances sweetness and lifts fruit flavour.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery (citric acid) / No Jet Lag Day / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Natural citrus-ginger flavour

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The flavour system is included for taste. Studies of measured ginger supplements cannot be applied to an unspecified citrus-ginger flavour ingredient.


**01 OFFICIAL FDA INGREDIENT-LABELLING GUIDANCE**

U.S. Food and Drug Administration. Dietary Supplement Labeling Guide, Chapter V: Ingredient Labeling. 2005.

FDA explains how supplement ingredients, including flavours, are declared and distinguishes nutrient-source ingredients from other formulation components. Its flavour-labelling guidance supports transparent identity disclosure, not a claim that a natural flavour provides a clinical dose of a botanical.

Read source: fda.gov

**02 OFFICIAL NIH BOTANICAL REFERENCE**

NIH National Center for Complementary and Integrative Health. Ginger: Usefulness and Safety. 2025.

NCCIH identifies ginger as Zingiber officinale and notes its rhizome's food use. It distinguishes research on ginger supplements from foods and describes limitations and safety considerations; those supplement findings do not establish benefits for a flavour blend.

Read source: nccih.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Natural citrus-ginger flavour

## FLAVOUR PROFILE

**WHAT IT IS**

Citrus-ginger flavour brings together bright citrus notes and a lightly warming ginger character.

**WHY IT'S HERE**

Citrus and ginger notes add aroma, brightness and a gently warming character, helping balance the drink's different tastes. This is a flavour benefit; it does not establish the health effects reported for measured ginger supplements.

**THE SHORT VERSION**

Adds citrus brightness and ginger warmth for a rounded flavour.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Steviol glycosides

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

High-purity steviol glycosides are distinct from whole stevia leaf or crude extracts. Evidence for one purified glycoside should not be treated as proof for every preparation or a health benefit.


**01 OFFICIAL FDA SWEETENER REFERENCE**

U.S. Food and Drug Administration. Aspartame and Other Sweeteners in Food: Plant and Fruit Based Sweeteners.

FDA describes high-purity steviol glycosides as intense sweeteners and summarises its review of GRAS notices for specified preparations. The information concerns ingredient identity and intended food uses; it is not blanket approval of every stevia-derived material.

Read source: fda.gov

**02 HUMAN RANDOMIZED CONTROLLED TRIAL**

Maki KC, Curry LL, Reeves MS, et al. Chronic consumption of rebaudioside A, a steviol glycoside, in men and women with type 2 diabetes mellitus. Food and Chemical Toxicology. 2008;46 Suppl 7:S47-S53.

A 16-week trial compared 1,000 mg rebaudioside A daily with placebo in 122 adults with type 2 diabetes. Glucose-related outcomes and blood pressure did not differ significantly, providing tolerability context rather than evidence of diabetes treatment.

PubMed: 18555575


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Steviol glycosides

STEVIOL-GLYCOSIDE SWEETNESS

**WHAT IT IS**

Steviol glycosides are sweet-tasting compounds found in stevia leaves. Commercial production methods vary by ingredient.

**WHY IT'S HERE**

Steviol glycosides provide intense sweetness in very small amounts, helping balance acidity without the bulk of sugar. Their sensory role can support a lower-sugar recipe, but does not establish a metabolic or blood-sugar benefit.

**THE SHORT VERSION**

Balances tartness with concentrated sweetness in very small amounts.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / No Jet Lag Day / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Bitter-blocking flavour modifier

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

This ingredient has a sensory role. Its complete composition is supplier-specific; these references explain flavour functions and naming rules. They do not identify a particular blocker or demonstrate a clinical benefit from the finished product.


**01 OFFICIAL TECHNICAL DEFINITION**

U.S. Food and Drug Administration. Definitions: flavour enhancers and flavouring agents, 21 CFR 170.3(o). eCFR.

Defines flavour enhancers and flavouring agents by their technical effects in food. It supports describing a modifier's sensory role, without treating a flavour function as evidence of a nutritional or medical effect.

Official source: eCFR section 170.3

**02 OFFICIAL INGREDIENT AND LABELING REFERENCE**

U.S. Food and Drug Administration. Foods: labeling of spices, flavorings, colorings and chemical preservatives, 21 CFR 101.22. eCFR.

Explains natural-flavour identity and declarations, including ingredient-origin rules. It provides terminology for the named flavour system, but does not establish the supplier's undisclosed composition or the performance of this particular drink mix.

Official source: eCFR section 101.22


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Bitter-blocking flavour modifier

TASTE BALANCE

**WHAT IT IS**

Some functional ingredients bring naturally assertive notes. This flavour component is used to keep the finished drink balanced.

**WHY IT'S HERE**

A bitterness modifier is intended to soften assertive bitter notes from ingredients, making the drink's flavour easier to enjoy. Its effect depends on the selected preparation and recipe; it does not remove nutrients or establish a health benefit.

**THE SHORT VERSION**

Helps soften bitterness and make the overall flavour more balanced.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Xanthan gum

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Xanthan is included for texture and physical stability. Food-additive specifications and safety assessments are relevant to that role; they are not clinical evidence that a small thickening amount improves health or recovery.

**01 OFFICIAL IDENTITY AND TECHNICAL-USE SPECIFICATION**

U.S. Food and Drug Administration. Xanthan gum, 21 CFR 172.695. eCFR.

Identifies xanthan as a fermentation-produced polysaccharide and sets specifications and conditions for its food uses. This is a technical identity reference for the texture ingredient, rather than a trial of clinical benefit.

Official source: eCFR section 172.695

**02 OFFICIAL SCIENTIFIC SAFETY ASSESSMENT**

EFSA ANS Panel. Re-evaluation of xanthan gum (E 415) as a food additive. EFSA Journal. 2017;15(7):4909.

Assessed exposure, toxicology and human tolerance of xanthan. The review found no need for a numerical acceptable daily intake under evaluated uses; some high-intake studies reported abdominal discomfort. This does not establish efficacy for this blend.

Read source: efsa.onlinelibrary.wiley.com

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Xanthan gum

TEXTURE

**WHAT IT IS**

Xanthan gum is a fermentation-derived ingredient used in very small amounts for texture.

**WHY IT'S HERE**

Xanthan gum thickens water and can help keep suspended ingredients distributed, giving a drink a more cohesive texture and mouthfeel. The result depends on concentration and mixing; a small textural amount does not establish a meaningful fibre benefit.

**THE SHORT VERSION**

Helps create a smoother texture and keep ingredients suspended.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Silicon dioxide

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Food-grade silicon dioxide is a powder-handling ingredient. These sources address its anticaking role and the assessed food-additive material. They do not substantiate a health benefit, a product-specific purity claim or third-party certification.

**01 OFFICIAL TECHNICAL-USE SPECIFICATION**

U.S. Food and Drug Administration. Silicon dioxide, 21 CFR 172.480. eCFR.

Describes silicon dioxide's permitted anticaking use and the requirement to use only the amount needed for its effect. It supports the flow-agent description, while leaving actual powder performance and composition to product-specific verification.

Official source: eCFR section 172.480

**02 OFFICIAL SCIENTIFIC SAFETY ASSESSMENT**

EFSA FAF Panel. Re-evaluation of silicon dioxide (E 551) in infant foods and follow-up for all population groups. EFSA Journal. 2024;22(10):8880.

Updated the assessment of synthetic amorphous silica, including particle-related uncertainties. EFSA concluded that evaluated uses and exposure levels did not raise a safety concern, while recommending specification changes and acknowledging remaining data limitations.

Read source: efsa.onlinelibrary.wiley.com

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Silicon dioxide

FLOW AGENT

**WHAT IT IS**

Silicon dioxide is an anticaking agent commonly used in powdered foods and supplements.

**WHY IT'S HERE**

Silicon dioxide helps reduce caking and keeps dry powders flowing more freely, making portioning and dispensing easier. Its role is physical powder handling; it does not make every ingredient dissolve or provide a demonstrated health benefit.

**THE SHORT VERSION**

Helps reduce caking and keep dry powder flowing freely.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / No Jet Lag Day / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Glucose

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Glucose is a carbohydrate and a component of established clinical oral rehydration solutions. Those solutions have defined compositions and medical uses. Sharing one ingredient does not make this supplement equivalent to ORS or prove a hangover benefit.

**01 OFFICIAL CLINICAL FORMULATION MONOGRAPH**

World Health Organization and UNICEF. Oral Rehydration Salts: Production of the New ORS. WHO/FCH/CAH/06.1. 2006.

Read source: who.int

**02 OFFICIAL INGREDIENT IDENTITY REFERENCE**

U.S. Food and Drug Administration. Corn sugar (D-glucose or dextrose), 21 CFR 184.1857. eCFR.

Official source: eCFR section 184.1857

**03 OFFICIAL NUTRITION OVERVIEW**

National Library of Medicine. Blood Glucose. MedlinePlus.

Read source: medlineplus.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Glucose

CARBOHYDRATE

**WHAT IT IS**

Glucose is a carbohydrate found naturally in many foods.

**WHY IT'S HERE**

Glucose provides digestible carbohydrate that the body can use for energy, while adding sweetness and body. Its practical value depends on the amount used; sharing glucose with oral rehydration formulas does not make a drink medically equivalent.

**THE SHORT VERSION**

Provides carbohydrate energy while adding sweetness and body.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Sodium, Potassium + Chloride

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Electrolytes have established physiological roles, but a supplement's value depends on losses, intake, health and formulation. Evidence for a defined medical rehydration solution cannot be transferred automatically to this product or to relief of alcohol-related symptoms.

**01 OFFICIAL CLINICAL FORMULATION MONOGRAPH**

World Health Organization and UNICEF. Oral Rehydration Salts: Production of the New ORS. WHO/FCH/CAH/06.1. 2006.

Read source: who.int

**02 OFFICIAL NUTRITIONAL AND MEDICAL REFERENCE**

NIH Office of Dietary Supplements. Potassium: Fact Sheet for Health Professionals.

Read source: ods.od.nih.gov

**03 OFFICIAL NUTRIENT OVERVIEW**

National Library of Medicine. Chloride in diet. MedlinePlus Medical Encyclopedia.

Read source: medlineplus.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Sodium, Potassium + Chloride

ELECTROLYTES

**WHAT IT IS**

Sodium, potassium and chloride are minerals naturally present in body fluids. Daily and Recovery supply them through sodium chloride and potassium chloride.

**WHY IT'S HERE**

Together, these electrolytes help maintain normal fluid balance and support nerve and muscle function. Chloride is also part of stomach juices used in digestion. Their usefulness depends on intake, losses and the amounts in a serving.

**THE SHORT VERSION**

Supports fluid balance, nerve signals and muscle function.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery / No Jet Lag Day (sodium chloride).

See the current label for ingredients and amounts. Selected references are on the facing page.

# Magnesium citrate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Research supports magnesium citrate as an absorbable magnesium source. Comparative absorption studies do not prove that this product prevents deficiency, treats symptoms or outperforms other finished drinks. Amount, tolerance, kidney function and medication timing still matter.

**01 PRIMARY HUMAN ABSORPTION AND LABORATORY STUDY**

Lindberg JS, Zobitz MM, Poindexter JR, Pak CYC. Magnesium bioavailability from magnesium citrate and magnesium oxide. Journal of the American College of Nutrition. 1990;9(1):48-55.

Compared citrate and oxide using laboratory solubility tests and urinary magnesium after oral dosing in healthy volunteers. Citrate showed greater solubility and urinary response under the tested conditions; clinical symptom improvement and this drink were not studied.

PubMed: 2407766

**02 OFFICIAL NUTRITIONAL AND MEDICAL REFERENCE**

NIH Office of Dietary Supplements. Magnesium: Fact Sheet for Health Professionals.

Reviews magnesium functions, supplement forms, intake limits and interactions with certain medicines. It provides context for citrate as a nutrient source and for digestive tolerance, without clearing this complete formula for every user.

Read source: ods.od.nih.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Magnesium citrate

MINERAL FORM

**WHAT IT IS**

Magnesium citrate combines magnesium with citric acid. No Jet Lag Day specifies the tribasic anhydrous form.

**WHY IT'S HERE**

Magnesium contributes to normal muscle and nerve function, energy metabolism and electrolyte balance. Citrate supplies an absorbable magnesium form; better absorption in a particular comparison does not establish better sleep, faster recovery or superior performance.

**THE SHORT VERSION**

Supports normal muscle, nerve and energy functions.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# L-Glutathione, reduced

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Human findings on oral reduced glutathione vary with study design, population and duration. Changes in glutathione stores are biological findings; they are not evidence that this complete product relieves hangover or jet lag, or protects against alcohol-related harm.

**01 PRIMARY RANDOMIZED CONTROLLED TRIAL**

Richie JP Jr, Nichenametla S, Neidig W, et al. Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. European Journal of Nutrition. 2015;54:251-263.

In 54 nonsmoking adults, six months of 250 or 1,000 mg daily oral glutathione increased measured stores in several body compartments. The trial assessed biomarkers rather than acute recovery symptoms or the efficacy of this mixture.

PubMed: 24791752

**02 PRIMARY RANDOMIZED CONTROLLED TRIAL**

Allen J, Bradley RD. Effects of oral glutathione supplementation on systemic oxidative stress biomarkers in human volunteers. Journal of Alternative and Complementary Medicine. 2011;17(9):827-833.

Forty healthy adults were assigned 500 mg reduced glutathione twice daily or placebo for four weeks. No significant between-group changes were found in measured glutathione status or oxidative-stress biomarkers, illustrating that results are not uniform.

PubMed: 21875351

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# L-Glutathione, reduced

TRIPEPTIDE

**WHAT IT IS**

Glutathione is a small compound made from three amino acids and naturally present in the body.

**WHY IT'S HERE**

Glutathione helps cells manage oxidation and maintain normal redox balance. Oral supplementation has increased body stores in some human trials, while others found no clear change; higher measured stores do not establish a noticeable recovery benefit.

**THE SHORT VERSION**

Supports cellular antioxidant systems; supplementation benefits remain uncertain.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery / No Jet Lag Day / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Silybin-phosphatidylcholine complex

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The phosphatidylcholine complex is a specific preparation, distinct from generic milk-thistle extract. Absorption research is relevant to its form. Trials in liver disease used particular products, often with added vitamins, and cannot establish alcohol protection or finished-product efficacy here.

**01 PRIMARY HUMAN PHARMACOKINETIC STUDY**

Barzaghi N, Crema F, Gatti G, Pifferi G, Perucca E. Pharmacokinetic studies on IdB 1016, a silybin-phosphatidylcholine complex, in healthy human subjects. European Journal of Drug Metabolism and Pharmacokinetics. 1990;15(4):333-338.

PubMed: 2088770

**02 PRIMARY RANDOMIZED COMBINATION-PRODUCT TRIAL**

Loguercio C, Andreone P, Brisc C, et al. Silybin combined with phosphatidylcholine and vitamin E in patients with nonalcoholic fatty liver disease: a randomized controlled trial. Free Radical Biology and Medicine. 2012;52(9):1658-1665.

PubMed: 22343419

**03 OFFICIAL MEDICAL EVIDENCE OVERVIEW**

National Center for Complementary and Integrative Health, NIH. Milk Thistle: Usefulness and Safety.

Read source: nccih.nih.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Silybin-phosphatidylcholine complex

BOTANICAL COMPLEX

**WHAT IT IS**

Silybin is a naturally occurring constituent of milk thistle. Here, it is paired with phosphatidylcholine in a named complex.

**WHY IT'S HERE**

Pairing silybin with phosphatidylcholine is intended to improve absorption. A small study of one named complex found higher blood levels than conventional silymarin; this does not establish liver protection, detoxification or reliable clinical benefits.

**THE SHORT VERSION**

May improve silybin absorption; clinical benefits remain uncertain.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Ginger rhizome extract

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Ginger research is specific to the preparation and condition studied. The named extract in the clinical trial below is not established as equivalent to the ingredient described here. These sources do not demonstrate hangover relief or the effects of the complete OVERT formulas.


**01 OFFICIAL MEDICAL EVIDENCE OVERVIEW**

National Center for Complementary and Integrative Health, NIH. Ginger: Usefulness and Safety. 2025.

Identifies ginger rhizome and summarizes research across several conditions. Evidence differs by indication: some pregnancy-nausea findings are positive, while motion-sickness studies are mostly unhelpful. The overview also describes digestive side effects and the need to consider medicines.

Read source: nccih.nih.gov

**02 PRIMARY RANDOMIZED EXTRACT TRIAL; INDIRECT RELEVANCE**

Willetts KE, Ekangaki A, Eden JA. Effect of a ginger extract on pregnancy-induced nausea: a randomised controlled trial. Australian and New Zealand Journal of Obstetrics and Gynaecology. 2003;43(2):139-144.

In 120 pregnant women, a four-day trial of the named EV.EXT35 extract reduced nausea and retching compared with placebo, without significantly reducing vomiting. The population and preparation differ from the ingredient described here.

PubMed: 14712970


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Ginger rhizome extract

BOTANICAL EXTRACT

**WHAT IT IS**

Ginger is the aromatic rhizome of the Zingiber officinale plant and has a long culinary history.

**WHY IT'S HERE**

Some ginger preparations have reduced nausea in pregnancy studies, while motion-sickness results are generally unconvincing. This preparation-specific evidence does not establish that every extract settles nausea or that a drink provides the same effect.

**THE SHORT VERSION**

Potential nausea relief, depending on the preparation and setting studied.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# L-Theanine

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Small acute trials suggest that some theanine-caffeine combinations affect selected attention tasks. Effects depend on dose, comparator and endpoint. These studies do not establish a universal ratio, reliable cancellation of caffeine side effects, or a clinical benefit from the complete OVERT products.

**01 PRIMARY RANDOMIZED CROSSOVER TRIAL**

Haskell CF, Kennedy DO, Milne AL, Wesnes KA, Scholey AB. The effects of L-theanine, caffeine and their combination on cognition and mood. Biological Psychology. 2008;77(2):113-122.

Tested 250 mg theanine and 150 mg caffeine alone and together in an acute crossover design. Selected cognitive and mood measures improved with the combination; theanine alone was not consistently beneficial. These doses and tasks do not validate this blend.

PubMed: 18006208

**02 PRIMARY RANDOMIZED CROSSOVER TRIAL**

Owen GN, Parnell H, De Bruin EA, Rycroft JA. The combined effects of L-theanine and caffeine on cognitive performance and mood. Nutritional Neuroscience. 2008;11(4):193-198.

Compared 50 mg caffeine with or without 100 mg theanine and placebo in 27 participants. The combination improved selected attention-switching and distraction measures acutely. The small trial did not study travel adaptation, hangovers or the complete formula.

PubMed: 18681988

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# L-Theanine

AMINO ACID

**WHAT IT IS**

L-Theanine is an amino acid found naturally in tea leaves.

**WHY IT'S HERE**

L-theanine is studied for attention and mental performance. Small trials suggest that combining it with caffeine can improve selected attention tasks, although effects vary with the dose, task and individual study.

**THE SHORT VERSION**

May support focused attention, particularly alongside caffeine.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / No Jet Lag Day / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Caffeine

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Caffeine has noticeable stimulant effects, but exposure includes every source consumed during the day. Sleep effects vary by dose, timing and person. A measured ingredient amount or a positive alertness finding does not reverse intoxication or establish whole-product safety.

**01 OFFICIAL CONSUMER MEDICAL-SAFETY REFERENCE**

U.S. Food and Drug Administration. Spilling the Beans: How Much Caffeine Is Too Much?.

Read source: fda.gov

**02 PRIMARY RANDOMIZED CROSSOVER TRIAL**

Gardiner CL, Weakley J, Burke LM, et al. Dose and timing effects of caffeine on subsequent sleep: a randomized clinical crossover trial. Sleep. 2025;48(4):zsae230.

PubMed: 39377163

**03 OFFICIAL INGREDIENT OVERVIEW**

National Library of Medicine. Caffeine. MedlinePlus.

Read source: medlineplus.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Caffeine

CAFFEINE - DAILY 100 MG

**WHAT IT IS**

Daily specifies green-tea-derived caffeine at 100 mg per serving. Count it toward your total daily caffeine intake.

**WHY IT'S HERE**

Caffeine stimulates the nervous system and can increase alertness and reduce the feeling of tiredness. Its effects on sleep and how a person feels depend on the dose, timing and individual sensitivity.

**THE SHORT VERSION**

Helps increase alertness and reduce the feeling of tiredness.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Vitamin C

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Vitamin C has established nutritional functions. Absorption and blood concentrations depend on intake and physiological regulation; a larger dose does not translate directly into proportionally greater benefit. These references do not show that this product treats travel fatigue or alcohol-related symptoms.

**01 OFFICIAL NUTRITIONAL AND MEDICAL REFERENCE**

NIH Office of Dietary Supplements. Vitamin C: Fact Sheet for Health Professionals.

Summarizes vitamin C's nutritional functions, intake guidance, absorption and potential adverse effects or interactions. It distinguishes established nutrient requirements from clinical claims, providing context for ascorbic acid without proving extra benefit from this particular supplement.

Read source: ods.od.nih.gov

**02 PRIMARY HUMAN DEPLETION-REPLETION STUDY**

Levine M, Conry-Cantilena C, Wang Y, et al. Vitamin C pharmacokinetics in healthy volunteers: evidence for a recommended dietary allowance. Proceedings of the National Academy of Sciences USA. 1996;93(8):3704-3709.

An inpatient study in seven healthy volunteers measured dose relationships for plasma and cellular vitamin C, absorption and excretion. It demonstrated regulated, nonlinear handling of oral doses; it did not test a recovery formula or prove symptom relief.

PubMed: 8623000

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Vitamin C

ASCORBIC ACID

**WHAT IT IS**

Vitamin C, also called ascorbic acid, is one of the essential nutrients listed in OVERT's Supplement Facts panel.

**WHY IT'S HERE**

Vitamin C supports collagen formation, normal immune function and the body's antioxidant defences. It also helps the body absorb iron from plant foods, giving this essential vitamin several distinct roles in everyday nutrition.

**THE SHORT VERSION**

Supports collagen formation, immune function and antioxidant defences.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Flavour, acid + processing system

## SELECTED RESEARCH + INGREDIENT REFERENCES

### READING THE EVIDENCE

This page describes a flavour and formulation system, rather than one clinical active. The references address ingredient identity and practical food functions. Taste, mixing and stability of the actual blend require product-specific evaluation; these sources do not certify them.


**01 OFFICIAL FLAVOUR IDENTITY REFERENCE**

U.S. Food and Drug Administration. Flavouring and colour labelling, 21 CFR 101.22. eCFR.

Official source: eCFR section 101.22

**02 OFFICIAL INGREDIENT IDENTITY AND FOOD-USE REFERENCE**

U.S. Food and Drug Administration. Citric acid, 21 CFR 184.1033. eCFR.

Official source: eCFR section 184.1033

**03 OFFICIAL INGREDIENT IDENTITY AND TECHNICAL-USE REFERENCE**

U.S. Food and Drug Administration. Malic acid, 21 CFR 184.1069. eCFR.

Official source: eCFR section 184.1069

**04 TECHNICAL FOOD-FUNCTION DEFINITIONS**

U.S. Food and Drug Administration. Technical food functions, 21 CFR 170.3(o). eCFR.

Official source: eCFR section 170.3


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Flavour, acid + processing system

TASTE + MIXABILITY

**WHAT IT IS**

A flavour and processing system brings together flavour notes, food acids and practical powder-handling ingredients.

**WHY IT'S HERE**

Flavours create aroma and taste, while food acids add tartness and help control acidity. Powder-handling aids can limit clumping, giving these ingredients practical roles in how a drink tastes and how its powders behave.

**THE SHORT VERSION**

Improves flavour, tartness and practical powder handling.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Ingredient reference profile. Check the current label for inclusion.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Nicotinamide mononucleotide

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Human evidence supports changes in blood NAD. These small, short trials do not establish longevity or jet-lag benefits, or the efficacy of the complete blend.

**01 RANDOMIZED HUMAN TRIAL**

Okabe K et al. Oral Administration of Nicotinamide Mononucleotide Is Safe and Efficiently Increases Blood Nicotinamide Adenine Dinucleotide Levels in Healthy Subjects. Front Nutr. 2022;9:868640.

Thirty healthy adults received NMN or placebo for twelve weeks. Whole-blood NAD increased with NMN; the study primarily addresses biochemical response and short-term tolerability, rather than travel recovery or long-term clinical outcomes.

Full paper: PMC9036060

**02 RANDOMIZED HUMAN TRIAL**

Igarashi M, Nakagawa-Nagahama Y, Miura M, et al. Chronic nicotinamide mononucleotide supplementation elevates blood nicotinamide adenine dinucleotide levels and alters muscle function in healthy older men. npj Aging. 2022;8:5. doi:10.1038/s41514-022-00084-z.

Forty-two older men were randomized to NMN or placebo. A supplier dispensing error excluded 22 participants from 12-week analyses, leaving 20. Blood NAD-related measures increased; the reduced sample and short duration limit wider clinical conclusions.

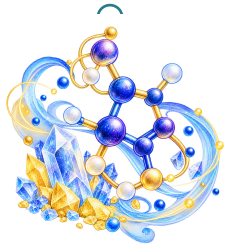
DOI: 10.1038/s41514-022-00084-z

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Nicotinamide mononucleotide

NAD PRECURSOR

**WHAT IT IS**

NMN stands for nicotinamide mononucleotide, a molecule the body uses to make NAD. NAD is a coenzyme involved in cellular metabolism, and NMN is one of its precursors. No Jet Lag Night specifies beta-NMN.

**WHY IT'S HERE**

NMN is studied for its ability to raise NAD, a coenzyme involved in cellular energy metabolism. Small human trials report higher blood NAD levels, but this does not establish longevity or everyday performance benefits.

**THE SHORT VERSION**

May raise blood NAD levels; broader health benefits remain unproven.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / No Jet Lag Night (non-EU).

See the current label for ingredients and amounts. Selected references are on the facing page.

# Magnesium bisglycinate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Nutritional roles are established. Evidence comparing magnesium chelates concerns particular preparations and populations; it does not establish universal superiority or a finished-product benefit.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Magnesium: Fact Sheet for Health Professionals.

Explains magnesium's established roles in enzyme activity, energy metabolism and normal muscle and nerve function. It distinguishes elemental magnesium from compound weight and reviews supplemental forms, intake considerations and interactions.

Read source: ods.od.nih.gov

**02 RANDOMIZED CROSSOVER TRIAL**

Schuette SA, Lashner BA, Janghorbani M. Bioavailability of magnesium diglycinate vs magnesium oxide in patients with ileal resection. JPEN. 1994;18(5):430-435.

Twelve patients with intestinal resections received labeled magnesium diglycinate and oxide. Overall absorption did not differ significantly; a small subgroup showed greater chelate absorption. This is specialized absorption evidence, not a general sleep or recovery trial.

PubMed: 7815675


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Magnesium bisglycinate

MINERAL

**WHAT IT IS**

Magnesium bisglycinate combines the essential mineral magnesium with glycine, an amino acid. It is a different form from the magnesium citrate described elsewhere in this guide, so we name it separately.

**WHY IT'S HERE**

Magnesium supports normal muscle and nerve function and helps enzymes release energy from food. It also contributes to bone structure and the movement of minerals across cell membranes, supporting several essential cellular processes.

**THE SHORT VERSION**

Supports normal muscle and nerve function and energy metabolism.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Zinc bisglycinate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The references explain zinc nutrition and a limited absorption comparison. They do not demonstrate that this form improves travel or recovery outcomes.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Zinc: Fact Sheet for Health Professionals.

Reviews zinc's essential nutritional functions, dietary sources and supplement use. It explains why elemental zinc is the nutrient amount of interest and why intake, absorption and interactions must be considered in context.

Read source: ods.od.nih.gov

**02 RANDOMIZED CROSSOVER TRIAL**

Gandia P et al. A bioavailability study comparing two oral formulations containing zinc (Zn bis-glycinate vs. Zn gluconate) after a single administration to twelve healthy female volunteers. Int J Vitam Nutr Res. 2007;77(4):243-248.

A single-dose comparison in twelve women found higher measured zinc exposure with bisglycinate than gluconate. The small absorption study supports interest in the form but does not test symptoms, long-term outcomes or the complete drink.

PubMed: 18271278


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Zinc bisglycinate

MINERAL

**WHAT IT IS**

Zinc bisglycinate is a compound that combines zinc, an essential trace mineral, with glycine. It is a separate ingredient from the zinc L-carnosine complex described elsewhere in this guide.

**WHY IT'S HERE**

Zinc supports normal immune function, the production of proteins and DNA, and the formation of new cells. It is also needed for normal wound healing and the sense of taste.

**THE SHORT VERSION**

Supports normal immune function, wound healing and the sense of taste.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Lichen-derived vitamin D3

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

These sources concern cholecalciferol and vitamin D nutrition. Lichen describes the selected ingredient's origin, which requires supplier traceability; it is not evidence of a different physiological effect.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Vitamin D: Fact Sheet for Health Professionals.

Describes cholecalciferol as vitamin D3 and explains vitamin D metabolism, calcium absorption and bone-related functions. It reviews evidence from supplementation research while distinguishing adequate nutrition from broad health claims.

Read source: ods.od.nih.gov

**02 CLINICAL NUTRITION REFERENCE**

National Library of Medicine, MedlinePlus. Vitamin D. Medical Encyclopedia.

Provides an accessible account of vitamin D's fat solubility, food and supplement sources, and the distinction between D2 and D3. It supports the vitamin identity and nutritional context, not a special benefit from lichen sourcing.

Read source: medlineplus.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Lichen-derived vitamin D3

VITAMIN

**WHAT IT IS**

Cholecalciferol is vitamin D3, a fat-soluble vitamin. Lichen-derived identifies the source selected for this ingredient: a defined vitamin D3 material sourced from lichen, rather than a serving of whole lichen.

**WHY IT'S HERE**

Vitamin D helps the body absorb calcium and maintain healthy bones. It also has roles in normal muscle and immune function; lichen sourcing does not change these established nutritional functions.

**THE SHORT VERSION**

Supports calcium absorption and normal bone, muscle and immune function.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# L-selenomethionine

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Selenium is essential in small amounts. Evidence for its biological role does not imply that additional selenium improves health once needs are met.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Selenium: Fact Sheet for Health Professionals.

Explains selenium-containing proteins, including glutathione peroxidases, and the metabolism of selenomethionine. It reviews nutritional needs, supplementation research and excess-intake concerns, supporting a trace-mineral role rather than an unrestricted antioxidant claim.

Read source: ods.od.nih.gov

**02 LARGE RANDOMIZED HUMAN TRIAL**

Lippman SM et al. Effect of selenium and vitamin E on risk of prostate cancer and other cancers: the Selenium and Vitamin E Cancer Prevention Trial (SELECT). JAMA. 2009;301(1):39-51.

SELECT evaluated supplemental L-selenomethionine, vitamin E, their combination or placebo in older men. Selenium did not prevent prostate cancer in the initial report. The trial illustrates why essential nutrient functions do not establish additional clinical benefits.

PubMed: 19066370


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# L-selenomethionine

TRACE MINERAL

**WHAT IT IS**

L-selenomethionine is a selenium-containing amino acid used to supply selenium, an essential trace mineral. It is a specific ingredient, distinct from selenium-enriched yeast, with its full form identified on the label.

**WHY IT'S HERE**

Selenium forms part of proteins involved in thyroid hormone metabolism and the body's antioxidant defences. These proteins also contribute to DNA production and normal cellular function, explaining selenium's essential nutritional role.

**THE SHORT VERSION**

Supports thyroid hormone metabolism and cellular antioxidant defences.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Riboflavin

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The sources support vitamin B2 identity and nutritional function. An ingredient identity or essential role is not evidence of the finished blend's efficacy.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Riboflavin: Fact Sheet for Health Professionals.

Explains riboflavin's role in the coenzymes FMN and FAD, its relationships with other B vitamins, and its natural yellow fluorescence. It also discusses light sensitivity, sources and nutritional status.

Read source: ods.od.nih.gov

**02 CHEMICAL IDENTITY REFERENCE**

National Library of Medicine, PubChem. Riboflavin, CID 493570.

Lists riboflavin's chemical identity, vitamin B2 synonyms and molecular identifiers. This is a reference for distinguishing the named ingredient from other flavin compounds, rather than a clinical trial or evidence for a finished supplement.

Read source: pubchem.ncbi.nlm.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Riboflavin

VITAMIN

**WHAT IT IS**

Riboflavin is vitamin B2, an essential water-soluble nutrient found in a range of foods. Its yellow colour is a natural characteristic of the vitamin.

**WHY IT'S HERE**

Riboflavin supports the coenzymes that help release energy from food and maintain normal cell function. It also helps the body use other B vitamins, including B6 and niacin, within its everyday metabolism.

**THE SHORT VERSION**

Helps turn food into energy and maintain normal cell function.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Calcium D-pantothenate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Calcium pantothenate is a source of pantothenic acid. These references support its identity and nutritional role, without establishing superior absorption or a product-specific effect.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Pantothenic Acid: Fact Sheet for Health Professionals.

Describes pantothenic acid's roles in coenzyme A and acyl carrier protein and identifies calcium pantothenate as a common supplement form. It notes that comparative bioavailability studies between supplemental forms are lacking.

Read source: ods.od.nih.gov

**02 CHEMICAL IDENTITY REFERENCE**

National Library of Medicine, PubChem. Calcium Pantothenate, CID 443753.

Provides chemical names and identifiers for calcium pantothenate. It helps distinguish the vitamin-bearing calcium salt from free pantothenic acid and from a calcium nutrient declaration; it does not compare health outcomes between forms.

Read source: pubchem.ncbi.nlm.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Calcium D-pantothenate

VITAMIN

**WHAT IT IS**

Calcium D-pantothenate is a salt used to supply pantothenic acid, better known as vitamin B5. Calcium is part of the compound's name; the ingredient's purpose here is to provide the vitamin.

**WHY IT'S HERE**

Pantothenic acid helps the body make coenzyme A, a molecule needed to release energy from food and process fats. These everyday metabolic reactions support normal cellular function throughout the body.

**THE SHORT VERSION**

Supports everyday energy and fat metabolism.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# D-biotin

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

These sources support biotin identity and nutritional context. They do not establish cosmetic benefits for people whose biotin status is already adequate.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Biotin: Fact Sheet for Health Professionals.

Explains biotin's role as a cofactor for carboxylase enzymes and reviews dietary sources, requirements and supplement evidence. It distinguishes deficiency-related findings from the limited evidence for routine hair, skin and nail benefits.

Read source: ods.od.nih.gov

**02 CHEMICAL IDENTITY REFERENCE**

National Library of Medicine, PubChem. Biotin, CID 171548.

Records biotin's defined chemical identity and its D-biotin synonyms. This supports the specific form named in the ingredient profile; a chemical identity record is not an assessment of a complete blend's benefits.

Read source: pubchem.ncbi.nlm.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# D-biotin

VITAMIN

**WHAT IT IS**

D-biotin is the biotin form specified for OVERT's blend. Biotin, sometimes called vitamin B7, is an essential water-soluble B vitamin that occurs in foods and is also supplied in supplements.

**WHY IT'S HERE**

Biotin helps enzymes process fats, carbohydrates and amino acids, supporting normal nutrient metabolism. Evidence that extra biotin improves hair, skin or nails in people without a deficiency remains limited, despite its popularity for those uses.

**THE SHORT VERSION**

Helps the body metabolize fats, carbohydrates and amino acids.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Methylcobalamin

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Methylcobalamin is a specific B12 form. Its active-form designation does not establish superior supplement absorption or an effect on travel-related fatigue.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Vitamin B12: Fact Sheet for Health Professionals.

Identifies methylcobalamin among B12's metabolically active forms and explains blood-cell, nervous-system and DNA-related functions. It states that evidence does not show supplement absorption rates vary by B12 form and discusses intake and deficiency.

Read source: ods.od.nih.gov

**02 CHEMICAL IDENTITY REFERENCE**

National Library of Medicine, PubChem. Methylcobalamin, CID 71306319.

Provides identifiers and synonyms for methylcobalamin within the cobalamin family. It supports ingredient-level naming and distinction from other B12 sources, without providing comparative absorption results or a trial of this drink.

Read source: pubchem.ncbi.nlm.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Methylcobalamin

VITAMIN

**WHAT IT IS**

Methylcobalamin is a specific form of vitamin B12, one of the essential water-soluble B vitamins. The full name identifies the ingredient used, rather than grouping every B12 source under the same umbrella.

**WHY IT'S HERE**

Vitamin B12 supports normal red blood cell formation, nerve function and DNA synthesis. Its nutritional role is essential, but extra B12 has not been shown to improve physical performance when B12 status is adequate.

**THE SHORT VERSION**

Supports normal nerves, red blood cell formation and DNA production.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery / No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Pyridoxine hydrochloride

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The sources support pyridoxine hydrochloride as a B6 source. They concern nutrient biology and intake assessment, not an immediate effect from a serving of OVERT.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Vitamin B6: Fact Sheet for Health Professionals.

Explains B6 vitamers and coenzyme functions and identifies pyridoxine hydrochloride as the most common supplemental form. It reviews metabolism, nutritional status and evidence relevant to interpreting a B6 ingredient declaration.

Read source: ods.od.nih.gov

**02 SCIENTIFIC NUTRIENT ASSESSMENT**

EFSA Panel on Nutrition, Novel Foods and Food Allergens. Scientific opinion on the tolerable upper intake level for vitamin B6. EFSA Journal. 2023;21(5):8006.

Evaluates evidence linking excessive vitamin B6 intake with peripheral neuropathy and establishes an adult upper intake level. This is a cumulative-intake assessment, not evidence that one supplemental B6 form delivers better efficacy than another.

DOI: 10.2903/j.efsa.2023.8006


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Pyridoxine hydrochloride

VITAMIN

**WHAT IT IS**

Pyridoxine hydrochloride is a common supplemental source of vitamin B6. It is a different form from pyridoxal 5-phosphate, also described in this guide, although both provide the same essential vitamin.

**WHY IT'S HERE**

Vitamin B6 helps the body process amino acids and make neurotransmitters involved in nerve communication. It also supports normal immune function and haemoglobin formation, linking protein metabolism with everyday cell function.

**THE SHORT VERSION**

Supports protein metabolism, nerve signalling and normal blood formation.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Thiamine mononitrate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

These references support thiamine mononitrate identity and its use as a B1 source. They do not demonstrate hangover prevention or efficacy of the finished recovery blend.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Thiamin: Fact Sheet for Health Professionals.

Explains thiamin's metabolic coenzyme functions, food sources and limited body stores. It identifies mononitrate and hydrochloride as common supplement forms, supporting the guide's distinction between ingredient form and the vitamin itself.

Read source: ods.od.nih.gov

**02 CHEMICAL IDENTITY REFERENCE**

National Library of Medicine, PubChem. Thiamine Nitrate, CID 10762.

Lists thiamine nitrate and thiamine mononitrate as names for the defined B1 salt. It supports the ingredient identity and distinction from thiamine hydrochloride, without implying that the different salt names establish different clinical results.

Read source: pubchem.ncbi.nlm.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Thiamine mononitrate

VITAMIN

**WHAT IT IS**

Thiamine mononitrate supplies thiamin, also known as vitamin B1. It is a different salt from thiamine hydrochloride described elsewhere in this guide, with both forms supplying the same essential nutrient.

**WHY IT'S HERE**

Thiamin helps convert nutrients into usable energy and supports normal cell function. Its coenzyme form is especially important in carbohydrate metabolism, helping the body's tissues use fuel from everyday food.

**THE SHORT VERSION**

Helps the body turn food into usable energy.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Folic acid

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Folic acid and 5-MTHF are distinct folate forms. These references explain identity and nutrient accounting; they do not establish the complete blend's efficacy.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Folate: Fact Sheet for Health Professionals.

Distinguishes folic acid from other folates, including 5-MTHF, and explains single-carbon metabolism and dietary folate equivalents. It supports careful reading of the nutrient amount separately from the weight of the ingredient.

Read source: ods.od.nih.gov

**02 CHEMICAL IDENTITY REFERENCE**

National Library of Medicine, PubChem. Folic Acid, CID 135398658.

Provides chemical identifiers and synonyms for folic acid. It supports the specific ingredient name used in this guide, rather than treating all folate materials as identical or demonstrating a benefit from the finished formula.

Read source: pubchem.ncbi.nlm.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Folic acid

VITAMIN

**WHAT IT IS**

Folic acid is a specific form of folate, the water-soluble vitamin often called B9. It is widely used in fortified foods and supplements, and differs from the 5-MTHF form described elsewhere in this guide.

**WHY IT'S HERE**

Folate supports DNA production and normal cell division. It also works in amino-acid metabolism and healthy blood cell formation, making it important for maintaining tissues that continually replace their cells.

**THE SHORT VERSION**

Supports DNA production, cell division and healthy blood formation.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Niacinamide

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Niacinamide is a B3 form distinct from nicotinic acid, NR and NMN. Shared pathways do not make the compounds or their study results interchangeable.


**01 OFFICIAL NUTRIENT REFERENCE**

NIH Office of Dietary Supplements. Niacin: Fact Sheet for Health Professionals.

Explains niacin terminology, including nicotinamide and niacinamide, and the roles of NAD and NADP. It distinguishes niacinamide from nicotinic acid, including their different flushing profiles, and reviews the nutritional context of supplementation.

Read source: ods.od.nih.gov

**02 CHEMICAL IDENTITY REFERENCE**

National Library of Medicine, PubChem. Nicotinamide, CID 936.

Records nicotinamide's chemical identity and niacinamide synonyms. This is an identity reference for the specific B3 ingredient, not evidence that it reproduces effects studied with NR, NMN or other related compounds.

Read source: pubchem.ncbi.nlm.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Niacinamide

VITAMIN

**WHAT IT IS**

Niacinamide and nicotinamide are two names for the same form of vitamin B3. It differs from nicotinic acid, as well as the NR and NMN ingredients described elsewhere in this guide.

**WHY IT'S HERE**

Niacinamide helps supply NAD and NADP, coenzymes involved in releasing energy from food. They also support normal cellular reactions, including building fats and maintaining the body's own antioxidant systems.

**THE SHORT VERSION**

Supports energy metabolism and normal cellular functions.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Clove bud polyphenol extract

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Clovinol is a specific standardized extract, distinct from ground clove and clove oil. Its small supplier-associated human study is preliminary. A finding for the extract does not establish efficacy or alcohol protection from the complete RECOVERY formula.

**01 PRIMARY RANDOMIZED CROSSOVER TRIAL**

Mammen RR, Mulakal JN, Mohanan R, Maliakel B, Illathu Madhavamenon K. Clove Bud Polyphenols Alleviate Alterations in Inflammation and Oxidative Stress Markers Associated with Binge Drinking: A Randomized Double-Blinded Placebo-Controlled Crossover Study. Journal of Medicinal Food. 2018;21(11):1188-1196.

Sixteen male social drinkers received 250 mg of a specific clove-bud extract or placebo around an alcohol challenge. The trial measured selected biomarkers and symptoms; it does not establish that RECOVERY prevents or relieves hangovers.

PubMed: 30234415

**02 MANUFACTURER IDENTITY REFERENCE**

Akay Bioactives. Clovinol: ingredient identity and preparation. Manufacturer technical product information.

Identifies Clovinol as a water-soluble clove-bud polyphenol extract and describes its production. This source is used to distinguish the specified material from clove oil or ordinary spice, rather than to independently verify the manufacturer's efficacy claims.

Read source: akaybioactives.com

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Clove bud polyphenol extract

BOTANICAL EXTRACT

**WHAT IT IS**

Clovinol is a water-soluble extract made from the flower buds of Syzygium aromaticum, the clove plant. Its polyphenol specification identifies a particular botanical preparation.

**WHY IT'S HERE**

Clove polyphenols are studied for effects on antioxidant defences. A small supplier-associated trial reported reductions in selected oxidative-stress markers, but evidence remains preliminary and does not establish broad or lasting health benefits.

**THE SHORT VERSION**

Potential antioxidant activity; evidence for wider benefits remains preliminary.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Erythritol

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Erythritol provides bulk and sweetness. Its permitted-use history and a small platelet study answer different questions. The acute 30 g experiment did not determine cardiovascular-event risk at this serving, and a lower exposure is not proof of zero risk.

**01 OFFICIAL TECHNICAL-USE AND GRAS RECORD**

U.S. Food and Drug Administration. GRAS Notice 789: Erythritol. Inventory record and agency response, 2019.

Read source: hfpappexternal.fda.gov

**02 PRIMARY ACUTE HUMAN INTERVENTION STUDY**

Witkowski M, et al. Ingestion of the Non-Nutritive Sweetener Erythritol, but Not Glucose, Enhances Platelet Reactivity and Thrombosis Potential in Healthy Volunteers. Arteriosclerosis, Thrombosis, and Vascular Biology. 2024. doi:10.1161/ATVBAHA.124.321019.

PubMed: 39114916

**03 OFFICIAL FOOD-ENERGY FACTORS**

U.S. Food and Drug Administration. Sugar-alcohol energy factors, 21 CFR 101.9(c)(1)(i)(F). eCFR.

Official source: eCFR section 101.9

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Erythritol

SWEETNESS + BODY

**WHAT IT IS**

Erythritol is a sugar alcohol, also called a polyol, used to provide sweetness and bulk in food. The chemical name does not mean beverage alcohol.

**WHY IT'S HERE**

Erythritol supplies sweetness and bulk with very little usable energy. Its crystalline body provides a larger powder base for handling concentrated ingredients and shaping the texture and sweetness of food and drinks.

**THE SHORT VERSION**

Adds sweetness, bulk and body with very few calories.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Mannitol

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Mannitol is a carrier within several micronutrient preparations. Its role here concerns distribution and powder handling. This technical reference does not establish that the carrier improves nutrient absorption or provides an additional health effect.

**01 OFFICIAL IDENTITY AND FOOD-USE SPECIFICATION**

U.S. Food and Drug Administration. Mannitol, 21 CFR 180.25. eCFR.

Describes mannitol's chemical identity, production routes and permitted food-use conditions, including digestive-tolerance labeling provisions. It provides context for the named polyol carrier, without demonstrating performance or medical benefit at the quantity present in a vitamin preparation.

Official source: eCFR section 180.25

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Mannitol

CARRIER

**WHAT IT IS**

Mannitol is a polyol used in foods and ingredient preparations. In DAILY, it carries several micronutrients within pre-diluted powders, helping make small amounts easier to handle.

**WHY IT'S HERE**

Mannitol provides bulk and mild sweetness. As a carrier, it gives very small quantities of micronutrients a larger, more manageable powder base, helping with handling and distribution during ingredient preparation.

**THE SHORT VERSION**

Adds mild sweetness and helps distribute tiny ingredient quantities.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Acacia gum

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Acacia enters through DAILY's vitamin D3 preparation. Its carrier contribution is not a separately established fibre dose. Clinical research at gram quantities cannot substantiate a prebiotic claim for an unspecified small amount inside another ingredient.

**01 OFFICIAL BOTANICAL IDENTITY AND TECHNICAL-USE SPECIFICATION**

U.S. Food and Drug Administration. Acacia (gum arabic), 21 CFR 184.1330. eCFR.

Defines acacia gum as dried exudate from Acacia trees and describes recognized technical food functions. It supports ingredient identity and carrier terminology, rather than a claim about gut health or the finished vitamin preparation's stability.

Official source: eCFR section 184.1330

**02 PRIMARY CONTROLLED HUMAN FEEDING STUDY**

Calame W, Weseler AR, Viebke C, Flynn C, Siemensma AD. Gum arabic establishes prebiotic functionality in healthy human volunteers in a dose-dependent manner. British Journal of Nutrition. 2008;100(6):1269-1275.

Healthy volunteers consumed gram-level daily acacia doses, including 5, 10, 20 and 40 g, for four weeks. Changes in selected intestinal bacteria were measured. The study does not establish benefit from an unspecified micronutrient-carrier quantity.

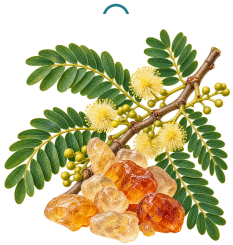
PubMed: 18466655

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Acacia gum

CARRIER + STABILITY

**WHAT IT IS**

Acacia gum, also known as gum arabic, is a plant gum obtained from Acacia trees. It has useful physical roles in food, including carrying and stabilizing other ingredients.

**WHY IT'S HERE**

Acacia gum helps carry and disperse other ingredients and can stabilize food systems. These physical properties make it useful in prepared powders; an unspecified carrier amount does not establish the benefits studied with larger fibre servings.

**THE SHORT VERSION**

Helps carry, disperse and stabilize ingredients.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Starch

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Starch supports the prepared vitamin D3 ingredient. The word starch does not identify its source plant or establish a resistant-starch or fibre benefit.

**01 OFFICIAL INGREDIENT NAMING GUIDANCE**

U.S. Food and Drug Administration. Compliance Policy Guide 578.100: Starches - Common or Usual Names. 1980.

Read source: fda.gov

**02 OFFICIAL ALLERGEN INFORMATION**

U.S. Food and Drug Administration. Food Allergies.

Read source: fda.gov

**03 TECHNICAL INGREDIENT-FUNCTION RECORD**

U.S. Food and Drug Administration. Starch, unmodified. Substances Added to Food inventory.

Read source: hfpappexternal.fda.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Starch

CARRIER

**WHAT IT IS**

Starch is a plant-derived carbohydrate used in many food and ingredient systems. Here, it is a component of the supplied vitamin D3 powder in DAILY.

**WHY IT'S HERE**

Starch provides a dry carbohydrate base for carrying small quantities of other ingredients. It can help build usable powder preparations, but properties differ by source and processing; the name alone does not establish resistant-starch benefits.

**THE SHORT VERSION**

Helps distribute small ingredient quantities in a workable powder.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Sodium ascorbate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Sodium ascorbate is listed within the vitamin D3 preparation for an antioxidant role. That small, unspecified component is separate from the main ascorbic-acid input. Chemical antioxidant activity alone does not establish a clinical effect from the complete product.


**01 OFFICIAL IDENTITY AND TECHNICAL-EFFECT INVENTORY**

U.S. Food and Drug Administration. Sodium ascorbate. Substances Added to Food inventory.

Identifies sodium ascorbate as a sodium salt of vitamin C and lists recognized technical functions, including antioxidant use. The entry supports the ingredient's stated role, without proving stability of the vitamin preparation or this finished blend.

Read source: hfpappexternal.fda.gov

**02 OFFICIAL NUTRITIONAL AND MEDICAL REFERENCE**

NIH Office of Dietary Supplements. Vitamin C: Fact Sheet for Health Professionals.

Discusses vitamin C functions, supplemental forms, absorption and safety considerations. This provides nutritional context for ascorbate, but cannot supply the missing quantity in a carrier preparation or justify an additional clinical claim for that contribution.

Read source: ods.od.nih.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Sodium ascorbate

ANTIOXIDANT SUPPORT

**WHAT IT IS**

Sodium ascorbate is the sodium salt of vitamin C, also known as sodium L-ascorbate. It is used both as a vitamin source and as an antioxidant ingredient.

**WHY IT'S HERE**

As an antioxidant, sodium ascorbate can slow unwanted oxidation and help protect sensitive ingredients. The practical benefit is preservation of ingredient quality, with the actual effect depending on storage conditions and the complete preparation.

**THE SHORT VERSION**

Helps protect sensitive ingredients against oxidation and preserve ingredient quality.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Mixed-berry flavour

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The flavour provides taste and aroma. DAILY's WONF description identifies a named flavour supported by other natural flavour components. It does not establish a fruit serving, nutritional benefit or the exact composition of the supplier's powder.

**01 OFFICIAL FLAVOUR IDENTITY REFERENCE**

U.S. Food and Drug Administration. Foods: labeling of spices, flavorings, colorings and chemical preservatives, 21 CFR 101.22. eCFR.

Defines natural-flavour terminology and explains with-other-natural-flavour descriptions. It supports naming the berry profile accurately, while not identifying undisclosed components, confirming a berry nutrient contribution or demonstrating the taste performance of this specific formula.

Official source: eCFR section 101.22

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Mixed-berry flavour

## FLAVOUR PROFILE

**WHAT IT IS**

Mixed-berry flavour is a preparation that supplies berry-like aroma and taste. WONF means the named flavour is supported by other natural flavouring components.

**WHY IT'S HERE**

Berry aroma and flavour create a recognizable fruit character and help balance tartness or stronger ingredient notes. The benefit is a rounded, enjoyable taste, with no assumption that flavouring supplies the nutrients of whole berries.

**THE SHORT VERSION**

A rounded berry taste that makes each sip more enjoyable.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily / Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Purple carrot juice powder

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

This ingredient is included for colour. Model-beverage research can inform stability testing, but cannot establish the shade, shelf life or antioxidant benefit of the selected powder in this complete product. A colouring quantity is not a vegetable serving.

**01 OFFICIAL COLOUR-INGREDIENT IDENTITY SPECIFICATION**

U.S. Food and Drug Administration. Vegetable juice, 21 CFR 73.260. eCFR.

Describes vegetable juice used for colour, including concentrated and dried forms, with food-use conditions. It supports the juice-powder category, rather than proving the selected preparation's precise pigment content, long-term colour stability or clinical effects.

Official source: eCFR section 73.260

**02 PRIMARY LABORATORY MATERIAL-STABILITY STUDY**

Gérard V, et al. Thermal and Photochemical Stability of Anthocyanins from Black Carrot, Grape Juice, and Purple Sweet Potato in Model Beverages in the Presence of Ascorbic Acid. Journal of Agricultural and Food Chemistry. 2019. doi:10.1021/acs.jafc.9b01672.

Tested anthocyanin preparations, including black-carrot pigments, under heat and light with and without ascorbic acid. The study demonstrates formulation-dependent colour degradation, not the shelf life of this particular purple-carrot powder or the complete OVERT blend.

PubMed: 31026157

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Purple carrot juice powder

PLANT-DERIVED COLOUR

**WHAT IT IS**

Purple-carrot juice concentrate powder contains naturally occurring anthocyanin pigments that can give foods and prepared drinks a red-violet colour.

**WHY IT'S HERE**

Anthocyanin pigments provide a plant-derived red-violet colour, making a prepared drink look more vivid and appealing. Their visual effect is the relevant benefit here; a colouring amount does not establish an antioxidant benefit.

**THE SHORT VERSION**

Adds a vivid red-violet colour from naturally occurring purple-carrot pigments.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Monk fruit extract

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Monk fruit is included for sweetness. Different extracts and carrier preparations can have different mogroside concentrations. These records explain identity and intended use; they do not substantiate an antioxidant, metabolic or recovery benefit from the sweetening amount.


**01 OFFICIAL SWEETENER-USE AND GRAS RECORD**

U.S. Food and Drug Administration. GRAS Notice 556: Siraitia grosvenorii Swingle (Luo Han Guo) fruit extract. Inventory record and agency response, 2015.

Records the notified monk-fruit extract and its intended general sweetener uses. FDA's no-questions response concerns the notifier's specified conditions; it is not approval of every extract preparation or evidence that sweetening doses improve health.

Read source: hfpappexternal.fda.gov

**02 INGREDIENT-COMPOSITION DOSSIER IN OFFICIAL INVENTORY**

U.S. Food and Drug Administration. GRAS Notice 627: Siraitia grosvenorii fruit juice concentrate. Notifier identity and composition dossier, 2016.

Describes monk-fruit juice concentrate and compares mogroside concentrations across extract preparations. It helps distinguish juice, concentrated extract and a tabletop blend, without establishing that a particular supplier grade is the one used in OVERT.

Read source: fda.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Monk fruit extract

SWEETNESS

**WHAT IT IS**

Monk fruit, also called luo han guo, contains sweet compounds known as mogrosides. The extract concentrates those compounds into an ingredient useful for sweetness in small amounts.

**WHY IT'S HERE**

Mogrosides give strong sweetness in small quantities, helping soften sour or bitter tastes without needing the bulk of table sugar. The useful benefit is a more balanced flavour and a pleasantly sweet finish.

**THE SHORT VERSION**

Adds concentrated sweetness to balance tartness and improve the drinking experience.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily / No Jet Lag Day / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Low-methoxyl citrus pectin

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The pectin is included for texture and dispersion. Its physical behaviour depends on pectin type, concentration, acidity and mineral conditions. Technical studies do not establish that this amount provides a dietary-fibre benefit or performs identically in the finished serving.


**01 OFFICIAL INGREDIENT IDENTITY AND FORM SPECIFICATION**

U.S. Food and Drug Administration. Pectins, 21 CFR 184.1588. eCFR.

Defines pectins and recognizes different esterification forms and plant sources, including citrus peel. It supports the identity of a low-methoxyl citrus preparation, while not verifying its dispersibility or the finished drink's physical stability.

Official source: eCFR section 184.1588

**02 PRIMARY LABORATORY RHEOLOGY STUDY**

Durand D, Bertrand C, Clark AH, Lips A. Calcium-induced gelation of low methoxy pectin solutions: thermodynamic and rheological considerations. International Journal of Biological Macromolecules. 1990;12(1):14-18.

Mapped low-methoxy pectin gelation under different calcium levels, temperatures and pectin concentrations. It demonstrates why mineral conditions affect physical behaviour, without predicting gel formation, texture or mixing performance at the concentration used in OVERT.

PubMed: 2083236


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Low-methoxyl citrus pectin

TEXTURE + DISPERSION

**WHAT IT IS**

Pectin is a plant polysaccharide commonly obtained from citrus peel. The low-methoxyl form has structural features that affect how it thickens and interacts with minerals.

**WHY IT'S HERE**

Pectin binds water and can add gentle body, helping a mixed drink feel smoother and more cohesive. Its texture effect depends on concentration, acidity and minerals; this role is distinct from higher-dose dietary-fibre benefits.

**THE SHORT VERSION**

Helps give a mixed drink smoother texture and more body.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Thaumatin

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Thaumatin has a small flavour-modifying role. The protein name alone does not establish the supplier's production source. These records concern defined preparations and food functions; they are not evidence of a protein-serving benefit or clinical efficacy.


**01 OFFICIAL INGREDIENT-USE AND GRAS RECORD**

U.S. Food and Drug Administration. GRAS Notice 738: Thaumatin. Inventory record and agency response, 2018.

Documents a specific thaumatin preparation and intended sweetening uses. The record establishes the notified material's context, not the production source of every commercial thaumatin powder or a medical benefit from its presence in a supplement.

Read source: hfpappexternal.fda.gov

**02 TECHNICAL INGREDIENT DOSSIER IN OFFICIAL INVENTORY**

Nomad Bioscience. GRAS Notice 920: Thaumatin II, flavour modifier and enhancer. Dossier and amendments submitted to FDA, 2020.

Describes thaumatin II preparations and flavour-modification uses, distinct from providing bulk sweetness. This is relevant technical background for taste design, but does not identify OVERT's supplier or demonstrate the sensory outcome of its complete formula.

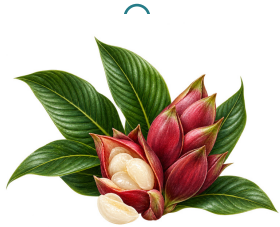
Read source: fda.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Thaumatin

TASTE MODIFIER

**WHAT IT IS**

Thaumatin is a sweet-tasting protein used in foods for sweetness and flavour modification. Its name identifies the protein, while its precise production source depends on the supplier.

**WHY IT'S HERE**

Thaumatin can enhance sweetness and modify lingering taste, helping round out bitter or uneven notes. Because it is intensely sweet, small quantities can make a useful sensory contribution without adding the bulk of sugar.

**THE SHORT VERSION**

Rounds out sweetness and helps soften unwanted taste notes.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Rebaudioside M

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Reb-M identifies a specific steviol glycoside. Commercial preparations can use different production routes, and the name does not alone prove leaf extraction or a particular purity. These references concern sweetness and ingredient identity, without a recovery or metabolic claim.


**01 OFFICIAL SWEETENER EVIDENCE AND IDENTITY OVERVIEW**

U.S. Food and Drug Administration. Aspartame and Other Sweeteners in Food: steviol glycosides and plant-based sweeteners.

Explains high-intensity sweeteners, including purified steviol glycosides and different production approaches. It supports distinguishing a specified glycoside from the broad word stevia, without establishing the identity or purity of an undisclosed supplier's particular preparation.

Read source: fda.gov

**02 OFFICIAL PREPARATION-SPECIFIC GRAS RECORD**

U.S. Food and Drug Administration. GRAS Notice 1260: Rebaudioside M produced by enzymatic treatment of steviol glycosides. Inventory record and agency response, 2025.

Records an enzyme-produced Reb-M preparation and its intended sweetener use. It illustrates why production route is a separate specification; the notice does not establish that OVERT uses this grade or provide evidence of a clinical benefit.

Read source: hfpappexternal.fda.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Rebaudioside M

SWEETNESS

**WHAT IT IS**

Rebaudioside M, usually shortened to Reb-M, is a sweet-tasting member of the steviol-glycoside family. Naming it precisely distinguishes the selected compound from the broader label stevia.

**WHY IT'S HERE**

Reb-M provides intense sweetness in small quantities, helping balance sourness and make a drink more enjoyable without the bulk of sugar. Its role is sensory: a sweet finishing note that rounds out the overall taste.

**THE SHORT VERSION**

Adds sweetness to help balance tart or bitter tastes.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily / No Jet Lag Day / No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Bitter-blocking and sweetness-enhancing flavour

## SELECTED RESEARCH + INGREDIENT REFERENCES

### READING THE EVIDENCE

The ingredient is specified by its intended sensory function rather than a single named molecule. Its complete composition remains supplier-specific. These references explain flavour roles and terminology; they do not establish clinical activity or the actual performance of the selected system.


**01 OFFICIAL TECHNICAL-FUNCTION DEFINITION**

U.S. Food and Drug Administration. Definitions: flavour enhancers and flavouring agents, 21 CFR 170.3(o). eCFR.

Distinguishes flavour-enhancing and flavouring functions in food. It supplies language for the system's sensory purpose, without identifying an active molecule, demonstrating a biological effect or verifying the finished formula's bitterness or sweetness profile.

Official source: eCFR section 170.3

**02 OFFICIAL FLAVOUR IDENTITY REFERENCE**

U.S. Food and Drug Administration. Foods: labeling of spices, flavorings, colorings and chemical preservatives, 21 CFR 101.22. eCFR.

Defines natural flavour and associated ingredient declarations. It supports describing a supplier-prepared flavour system accurately, while not disclosing the system's exact components or proving that its intended taste effect occurs in this particular product.

Official source: eCFR section 101.22


### RESEARCH IN CONTEXT

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Bitter-blocking and sweetness-enhancing flavour

FLAVOUR BALANCE

**WHAT IT IS**

This is a natural flavour preparation designed to reduce perceived bitterness and enhance perceived sweetness. Its exact components depend on the selected preparation.

**WHY IT'S HERE**

Taste-modifying flavours are used to reduce perceived bitterness and strengthen the impression of sweetness. They can make assertive tastes easier to enjoy and help the flavour feel more balanced from first sip to finish.

**THE SHORT VERSION**

Softens bitterness and makes sweetness feel more balanced.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: Daily.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Ginger extract standardized to gingerols

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

RECOVERY specifies 5% total gingerols. Marker standardization is different from an extraction ratio. Clinical findings for a defined preparation and indication do not establish hangover efficacy, dose equivalence or effects of the complete RECOVERY formula.

**01 OFFICIAL BOTANICAL AND MEDICAL EVIDENCE OVERVIEW**

National Center for Complementary and Integrative Health, NIH. Ginger: Usefulness and Safety. 2025.

Summarizes ginger research and safety across different conditions, noting variable study quality and indication-specific findings. It supports identifying ginger rhizome and considering digestive effects or medicines, without validating a particular standardized extract or this complete blend.

Read source: nccih.nih.gov

**02 PRIMARY RANDOMIZED ADJUNCT-TREATMENT TRIAL; INDIRECT RELEVANCE**

Martins LB, Rodrigues AMDS, Rodrigues DF, et al. Double-blind placebo-controlled randomized clinical trial of ginger addition in migraine acute treatment. Cephalalgia. 2019;39(1):68-76.

Sixty adults with acute migraine received 400 mg of a 5%-active ginger extract or placebo alongside intravenous ketoprofen. The different dose and medical-treatment setting do not establish effects of RECOVERY on migraine or hangover symptoms.

PubMed: 29768938

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Ginger extract standardized to gingerols

BOTANICAL EXTRACT

**WHAT IT IS**

Ginger rhizome extract standardized to 5% total gingerols contains a measured proportion of these characteristic compounds. This percentage describes the extract's composition, not the amount of raw ginger used to make it.

**WHY IT'S HERE**

Some ginger preparations have shown benefits for nausea in particular study settings. Standardising gingerols identifies composition, but does not establish that this exact extract or serving provides the same benefit.

**THE SHORT VERSION**

Potential nausea benefit; effects depend on the extract, amount and setting.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: Recovery.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Melatonin

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Melatonin evidence depends on release form, timing and study setting. These references do not validate a universal travel schedule or prove this complete formulation's efficacy.


**01 OFFICIAL EVIDENCE OVERVIEW**

National Center for Complementary and Integrative Health. Melatonin: What You Need To Know.

Explains sleep-wake timing, selected uses, limitations and drowsiness.

Read source: nccih.nih.gov

**02 RANDOMIZED TRAVELER TRIAL**

Suhner A et al. Comparative study to determine the optimal melatonin dosage form for the alleviation of jet lag. Chronobiol Int. 1998;15(6):655-666.

Traveler trial: findings differed between fast-release and controlled-release preparations.

PubMed: 9844753

**03 OFFICIAL CLINICAL GUIDANCE**

Riedy SM, Williams SG. Jet Lag Disorder. CDC Yellow Book, 2026.

Clinical travel guidance discusses timed light, sleep schedules and melatonin.

Read source: cdc.gov


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Melatonin

SLEEP-WAKE SIGNAL

**WHAT IT IS**

Melatonin is a hormone involved in the body's sleep-wake rhythm, with natural production rising in darkness. Fast-release describes a preparation intended to make it available promptly, rather than extending its release.

**WHY IT'S HERE**

Melatonin helps signal biological night and may support sleep onset and adjustment of sleep-wake timing. Effects depend on when it is taken; it can cause drowsiness, so timing and product directions matter.

**THE SHORT VERSION**

Helps cue sleep and support sleep-wake timing when used appropriately.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Glycine

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Small, short human studies report selected sleep-related outcomes. They do not establish a consistent clinical benefit, circadian realignment, travel efficacy or the effects of the complete NIGHT blend.

**01 SMALL RANDOMIZED CROSSOVER TRIAL**

Bannai M et al. The Effects of Glycine on Subjective Daytime Performance in Partially Sleep-Restricted Healthy Volunteers. Front Neurol. 2012;3:61.

Seven men under brief sleep restriction: some fatigue and vigilance measures improved; others did not.

Read source: frontiersin.org

**02 SMALL HUMAN SLEEP STUDY**

Yamadera W et al. Glycine ingestion improves subjective sleep quality in human volunteers, correlating with polysomnographic changes. Sleep and Biological Rhythms. 2007;5(2):126-131.

Studied subjective sleep and polysomnography; no travel or complete-blend outcomes.

DOI: 10.1111/j.1479-8425.2007.00262.x

**03 TECHNICAL INGREDIENT REFERENCE**

USDA National Organic Program. Amino Acids: Technical Advisory Panel review. 1999.

Technical review describes amino-acid identity and glycine's sweetish taste.

Read source: ams.usda.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Glycine

AMINO ACID

**WHAT IT IS**

Glycine is a simple amino acid that the body makes and uses in proteins and other molecules. Here it is supplied as free-form glycine, separate from the glycine associated with magnesium bisglycinate.

**WHY IT'S HERE**

Small studies in people reporting poor sleep or undergoing sleep restriction suggest possible improvements in perceived sleep quality or selected fatigue measures. Findings are preliminary and do not establish a consistent benefit.

**THE SHORT VERSION**

May support sleep quality and a more rested feeling.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: No Jet Lag Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Caffeine from green coffee bean

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

The botanical origin identifies the source. Evidence for caffeine absorption or alertness does not establish that naturally sourced caffeine is gentler, or validate this complete DAY formula.

**01 OFFICIAL CAFFEINE REFERENCE**

FDA. Spilling the Beans: How Much Caffeine Is Too Much?

Read source: fda.gov

**02 RANDOMIZED PHARMACOKINETIC TRIAL**

Morton K, Knight K, Kalman D, Hewlings S. A Prospective Randomized, Double-Blind, Two-Period Crossover Pharmacokinetic Trial Comparing Green Coffee Bean Extract-A Botanically Sourced Caffeine-With a Synthetic USP Control. Clinical Pharmacology in Drug Development. 2018;7(8):871-879. doi:10.1002/cpdd.451.

PubMed: 29659178

**03 HUMAN CAFFEINE TRIAL**

Rosenthal L, Roehrs T, Zwyghuizen-Doorenbos A, Plath D, Roth T. Alerting effects of caffeine after normal and restricted sleep. Neuropsychopharmacology. 1991;4(2):103-108. PMID:2025377.

PubMed: 2025377

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Caffeine from green coffee bean

STIMULANT

**WHAT IT IS**

This ingredient supplies concentrated caffeine from green coffee beans, meaning unroasted beans. The active molecule is caffeine, distinct from a serving of coffee and its other constituents.

**WHY IT'S HERE**

Caffeine helps increase alertness and sustain attention, making it useful when you feel sleepy. Its effects depend on the amount consumed, the time of use and personal sensitivity, regardless of the botanical source.

**THE SHORT VERSION**

Supports daytime alertness and attention when sleepiness is getting in the way.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Sustained-release caffeine

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Release properties are preparation-specific. Capsule studies support the delivery concept but do not establish this drink's duration, release profile or a reduction in jitteriness.


**01 SMALL RANDOMIZED PHARMACOKINETIC TRIAL**

Thanawala S, Shah R, Abiraamasundari R, Senthurselvi R, Desomayanandam P. Comparative Bioavailability and Benefits on Mental Functions of Novel Extended-Release Caffeine Capsules against Immediate-Release Caffeine Capsules: An Open-Label, Randomized, Cross-over, Single-Dose Two-Way Crossover Study. Journal of Dietary Supplements. 2024;21(1):13-27. Published online 2023. doi:10.1080/19390211.2022.2160529.

Fifteen healthy adults received particular extended-release and immediate-release caffeine capsules. The extended-release preparation reached its peak later with similar total exposure. Results concern that tested preparation, not all microencapsulated caffeine ingredients or reconstituted powders.

PubMed: 36602880

**02 SMALL RANDOMIZED CROSSOVER TRIAL**

Gonzalez AM, Hoffman JR, Wells AJ, et al. Effects of Time-Release Caffeine Containing Supplement on Metabolic Rate, Glycerol Concentration and Performance. Journal of Sports Science and Medicine. 2015;14(2):322-332. PMID:25983581.

Ten men received a time-release multi-ingredient supplement, regular caffeine and placebo in an eight-hour comparison. Different blood-caffeine patterns illustrate delivery-form effects, while the supplement's additional ingredients and small sample limit transfer to another formulation.

Full paper: PMC4424461


**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Sustained-release caffeine

STIMULANT

**WHAT IT IS**

This is caffeine supplied in small coated particles designed to release it more gradually. Microencapsulated identifies the delivery form; the active ingredient remains caffeine.

**WHY IT'S HERE**

Slowing caffeine release may extend its alerting effect by spreading absorption over time. Human studies support this approach for specific preparations, but the duration and experience depend on the actual coating and dose.

**THE SHORT VERSION**

Designed for a more gradual caffeine effect and sustained alertness.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Sodium citrate dihydrate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

This is a sodium source and part of the acid-balance system in No Jet Lag DAY. The dihydrate designation identifies its crystalline form. Its food-use specification does not establish the measured acidity, hydration performance or clinical effects of the finished serving.

**01 OFFICIAL IDENTITY AND HYDRATE-FORM SPECIFICATION**

U.S. Food and Drug Administration. Sodium citrate, 21 CFR 184.1751. eCFR.

Defines sodium citrate as a citric-acid salt and recognizes its anhydrous and dihydrate forms. It supports precise ingredient naming, while actual sodium contribution and physical behaviour depend on the specified grade and the complete formulation.

Official source: eCFR section 184.1751

**02 OFFICIAL ELECTROLYTE OVERVIEW**

National Library of Medicine. Fluid and Electrolyte Balance. MedlinePlus.

Explains sodium in normal fluid balance and nerve and muscle function. These nutritional roles do not establish that a particular sodium-citrate drink improves hydration more than water.

Read source: medlineplus.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Sodium citrate dihydrate

ELECTROLYTE + BALANCE

**WHAT IT IS**

Sodium citrate is a sodium salt of citric acid. Dihydrate identifies the crystalline form used here, which includes a defined amount of water within its structure.

**WHY IT'S HERE**

Sodium helps maintain normal fluid balance and supports nerve signalling and muscle function. Sodium citrate supplies that electrolyte, while its citrate component can also help moderate acidity and balance a drink's tartness.

**THE SHORT VERSION**

Supports fluid balance while helping keep the drink's acidity balanced.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Potassium citrate monohydrate

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Potassium citrate provides potassium in No Jet Lag DAY, in a different salt from the potassium chloride used elsewhere. Salt identity and elemental nutrient amount are distinct. Medical suitability depends on kidney function, medicines and total potassium exposure.

**01 OFFICIAL IDENTITY AND HYDRATE-FORM SPECIFICATION**

U.S. Food and Drug Administration. Potassium citrate, 21 CFR 184.1625. eCFR.

Defines potassium citrate as a citric-acid salt containing one mole of water per mole of salt. It supports the monohydrate identity, without establishing the nutrient amount or clinical effects of any particular supplement serving.

Official source: eCFR section 184.1625

**02 OFFICIAL NUTRITIONAL AND MEDICAL REFERENCE**

NIH Office of Dietary Supplements. Potassium: Fact Sheet for Health Professionals.

Describes potassium physiology, intake and medication considerations. Impaired kidney excretion and medicines such as potassium-sparing diuretics can change suitability; this general medical context does not establish that a specific citrate-containing product is appropriate for everyone.

Read source: ods.od.nih.gov

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Potassium citrate monohydrate

ELECTROLYTE

**WHAT IT IS**

Potassium citrate is a potassium salt of citric acid. Monohydrate names the specific crystalline form, including the water held within that structure, so the ingredient is described precisely.

**WHY IT'S HERE**

Potassium helps regulate fluid inside cells and supports normal nerve signalling and muscle contraction. These everyday functions depend on an adequate potassium supply, making it a useful nutritional component of the electrolyte profile.

**THE SHORT VERSION**

Supports normal cellular fluid balance, nerve signalling and muscle function.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Natural tart-cherry flavour

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

This is a flavour ingredient, not a separately dosed tart-cherry supplement. Studies of cherry juice or concentrates cannot establish a sleep benefit from the flavour. The actual carrier and aroma composition depend on the selected preparation.

**01 OFFICIAL FLAVOUR IDENTITY REFERENCE**

U.S. Food and Drug Administration. Foods: labeling of spices, flavorings, colorings and chemical preservatives, 21 CFR 101.22. eCFR.

Distinguishes a flavouring function from a nutritional function and provides naming rules. It supports describing tart-cherry flavour as a sensory ingredient, without assuming a fruit serving, a defined melatonin contribution or benefits reported for cherry beverages.

Official source: eCFR section 101.22

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Natural tart-cherry flavour

## FLAVOUR PROFILE

**WHAT IT IS**

Natural tart-cherry flavour is a preparation that provides cherry aroma and tart-fruit character. It has a different role from separately dosed tart-cherry juice or concentrate.

**WHY IT'S HERE**

Tart-cherry flavour contributes a bright fruit aroma and a pleasantly sharp cherry note. It can balance sweetness and soften stronger ingredient tastes, creating a more rounded drink; the benefit is sensory rather than sleep-related.

**THE SHORT VERSION**

Adds bright cherry character and balances sweetness with a tart edge.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: No Jet Lag Night / No Jet Lag EU Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Beetroot powder

## SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Beetroot powder colours No Jet Lag NIGHT. Its role and amount differ from nitrate-standardized beet supplements used in performance research. A colouring inclusion does not establish a vegetable serving, nitrate dose or clinical benefit.

**01 OFFICIAL COLOUR-INGREDIENT IDENTITY SPECIFICATION**

U.S. Food and Drug Administration. Dehydrated beets (beet powder), 21 CFR 73.40. eCFR.

Describes dehydrated beet powder and its colour use in food. It supports the named colour ingredient, without identifying a standardized nitrate content, predicting the exact finished shade or demonstrating an exercise or other medical effect.

Official source: eCFR section 73.40

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Beetroot powder

PLANT-DERIVED COLOUR

**WHAT IT IS**

Beetroot powder is a dried ingredient made from red beetroot. Its naturally occurring pigments can bring a pink-to-red colour to foods and prepared supplements.

**WHY IT'S HERE**

Beetroot pigments give a prepared drink a naturally pink-to-red appearance. This colour can make the serving look richer and more inviting, with a familiar hue that complements a range of fruit flavours.

**THE SHORT VERSION**

Adds a naturally pink-red colour for a more inviting appearance.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: No Jet Lag Night / No Jet Lag EU Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Natural citrus flavour

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

No Jet Lag DAY specifies a citrus flavour distinct from the original guide's citrus-ginger profile. A flavour description does not imply a citrus serving, vitamin C dose or ginger inclusion. Supplier composition is needed for exact components and carriers.

**01 OFFICIAL FLAVOUR IDENTITY REFERENCE**

U.S. Food and Drug Administration. Foods: labeling of spices, flavorings, colorings and chemical preservatives, 21 CFR 101.22. eCFR.

Provides the definition of natural flavour and rules for describing characterizing flavours. It supports precise citrus-flavour terminology, without determining the supplier's component blend, establishing nutritional content or proving taste or clinical performance of the finished product.

Official source: eCFR section 101.22

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Natural citrus flavour

FLAVOUR PROFILE

**WHAT IT IS**

Natural citrus flavour is a preparation that supplies a recognizable citrus aroma and taste. Its precise blend of flavouring components depends on the selected preparation.

**WHY IT'S HERE**

Citrus flavour adds bright aroma and a fresh fruit character that can lighten a drink's overall taste. It works with tartness and sweetness to create a lively, refreshing finish, without implying a vitamin contribution.

**THE SHORT VERSION**

Adds citrus brightness for a fresher, more refreshing finish.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: No Jet Lag Day.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Turmeric colour

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Turmeric and beta-carotene are documented alternative colours for No Jet Lag DAY, not a direction to add both. The turmeric role is visual; trials of concentrated curcumin supplements do not validate a small colour ingredient or this product.

**01 OFFICIAL COLOUR-INGREDIENT IDENTITY SPECIFICATION**

U.S. Food and Drug Administration. Turmeric, 21 CFR 73.600. eCFR.

Identifies turmeric colour with the ground rhizome of Curcuma longa and sets food-use conditions. It supports the colour category, without equating it with a concentrated curcumin preparation or establishing anti-inflammatory or other clinical effects.

Official source: eCFR section 73.600

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.

Forms, doses and study populations may differ. Technical sources describe identity or function.

Source links are clickable in the digital guide.



# Turmeric colour

COLOUR OPTION

**WHAT IT IS**

Turmeric comes from the rhizome of Curcuma longa, the familiar golden-yellow spice. As a colour ingredient, its role is to contribute a yellow tone to the finished serving.

**WHY IT'S HERE**

Turmeric provides a warm golden-yellow colour, giving a prepared drink a brighter, more vivid appearance. Its benefit at a colouring amount is visual; it should not be equated with a concentrated curcumin supplement.

**THE SHORT VERSION**

Adds a warm golden colour for a brighter-looking drink.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: No Jet Lag Day · colour option.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Beta-carotene colour

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Beta-carotene is an alternative to turmeric for DAY colour. The active pigment amount in the proposed colour preparation is not established here. High-dose supplement safety findings must be kept specific to dose and population; they neither establish risk nor prove safety at an unspecified colour exposure.

**01 OFFICIAL COLOUR-INGREDIENT IDENTITY SPECIFICATION**

U.S. Food and Drug Administration. Beta-carotene, 21 CFR 73.95. eCFR.

Describes beta-carotene colour and food-use conditions. It supports the pigment's identity and visual role, without identifying the supplier's carrier system, confirming an active pigment dose or making a nutritional or medical claim for the finished serving.

Official source: eCFR section 73.95

**02 PRIMARY RANDOMIZED HIGH-DOSE SAFETY TRIAL; INDIRECT RELEVANCE**

Alpha-Tocopherol, Beta Carotene Cancer Prevention Study Group. The effect of vitamin E and beta carotene on the incidence of lung cancer and other cancers in male smokers. New England Journal of Medicine. 1994;330(15):1029-1035.

Among 29,133 male smokers, 20 mg beta-carotene daily for five to eight years increased lung-cancer incidence. This high-dose, long-duration population-specific finding is important safety context, but was not a test of the amount in a colour preparation.

PubMed: 8127329

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Beta-carotene colour

COLOUR OPTION

**WHAT IT IS**

Beta-carotene is a carotenoid pigment used to give foods yellow-to-orange colour. Its name identifies the colouring compound, while the complete preparation depends on the selected supplier.

**WHY IT'S HERE**

Beta-carotene gives foods and drinks a yellow-to-orange hue, helping create a brighter, more inviting appearance. At the small, unspecified colouring amount, its relevant benefit is visual rather than an established vitamin A contribution.

**THE SHORT VERSION**

Adds a warm yellow-orange hue that complements bright fruit flavours.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Planned use: No Jet Lag Day · alternative colour option.

See the current label for ingredients and amounts. Selected references are on the facing page.

# Maltodextrin

SELECTED RESEARCH + INGREDIENT REFERENCES

**READING THE EVIDENCE**

Maltodextrin is a carrier in No Jet Lag formulas, including the melatonin premix and NMN-free EU Night variant. Its source plant depends on the selected preparation.

**01 OFFICIAL CARBOHYDRATE IDENTITY SPECIFICATION**

U.S. Food and Drug Administration. Maltodextrin, 21 CFR 184.1444. eCFR.

Defines maltodextrin as a starch-derived glucose polymer with a specified dextrose-equivalent range. It supports the carrier's identity and distinguishes it from intact starch, while not determining which crop or supplier preparation is used in this blend.

Official source: eCFR section 184.1444

**RESEARCH IN CONTEXT**

Ingredient studies do not establish the effects of the finished OVERT formulas.
Forms, doses and study populations may differ. Technical sources describe identity or function.
Source links are clickable in the digital guide.



# Maltodextrin

CARRIER + BODY

**WHAT IT IS**

Maltodextrin is a starch-derived carbohydrate powder used in dry ingredient systems. It provides a practical material through which small quantities of other ingredients can be distributed.

**WHY IT'S HERE**

Maltodextrin provides a dispersible carbohydrate base for carrying small quantities of other ingredients. Its practical value is easier ingredient handling and blending; any effect on body or mouthfeel depends on the amount used.

**THE SHORT VERSION**

Helps carry small ingredient quantities and make powders easier to handle.

**OUR QUALITY STANDARD**

Every OVERT ingredient undergoes rigorous testing and inspection. Our in-house experts assess and select each batch before approving it for use. Independent third-party testing complements this first stage of our quality process.

Organic + non-GMO plant sourcing.

Planned use: No Jet Lag Day / No Jet Lag Night / No Jet Lag EU Night.

See the current label for ingredients and amounts. Selected references are on the facing page.

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*... the art and science of modern wellness.*

# A simple OVERT ritual

*Choose your formula. Follow your label.*

01

## MIX

Use the amount of cold water stated on your package. The formulas use different water quantities. Stir or shake until fully mixed.

02

## FOLLOW YOUR FORMULA

Follow the serving and timing directions for Daily, Recovery or No Jet Lag. The No Jet Lag DAY and NIGHT sticks have different roles and should be used as directed on their own labels.

**KEEP IN MIND**

Use only as directed on the package. Do not exceed the stated serving. Count all caffeine sources, and follow NIGHT-specific melatonin and drowsiness warnings.

# The OVERT ingredients

*Daily. Recovery. No Jet Lag.*

**INGREDIENT INDEX**


05 Hovenia dulcis extract
07 L-Cysteine
09 Opuntia ficus-indica extract
11 Nicotinamide riboside chloride
13 Zinc L-Carnosine
15 Thiamine hydrochloride
17 L-5-Methyltetrahydrofolate
19 Pyridoxal 5-Phosphate
21 Sodium + Potassium
23 Allulose
25 Citric acid + Malic acid
27 Natural citrus-ginger flavour
29 Steviol glycosides


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31 Bitter-blocking flavour modifier
33 Xanthan gum
35 Silicon dioxide
37 Glucose
39 Sodium, Potassium + Chloride
41 Magnesium citrate
43 L-Glutathione, reduced
45 Silybin-phosphatidylcholine complex
47 Ginger rhizome extract
49 L-Theanine
51 Caffeine
53 Vitamin C
55 Flavour, acid + processing system


Index 1 of 3. Numbers refer to guide pages. Ingredient amounts and inclusion vary by product and market.
The current product label identifies the ingredients in the serving you choose.

# The OVERT ingredients

*Daily. Recovery. No Jet Lag.*

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57 Nicotinamide mononucleotide
59 Magnesium bisglycinate
61 Zinc bisglycinate
63 Lichen-derived vitamin D3
65 L-selenomethionine
67 Riboflavin
69 Calcium D-pantothenate
71 D-biotin
73 Methylcobalamin
75 Pyridoxine hydrochloride
77 Thiamine mononitrate
79 Folic acid
81 Niacinamide


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83 Clove bud polyphenol extract
85 Erythritol
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89 Acacia gum
91 Starch
93 Sodium ascorbate
95 Mixed-berry flavour
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101 Low-methoxyl citrus pectin
103 Thaumatin
105 Rebaudioside M
107 Bitter-blocking and sweetness-enhancing flavour


Index 2 of 3. Numbers refer to guide pages. Ingredient amounts and inclusion vary by product and market.
The current product label identifies the ingredients in the serving you choose.

# The OVERT ingredients

*Daily. Recovery. No Jet Lag.*

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129 Turmeric colour
131 Beta-carotene colour
133 Maltodextrin


Index 3 of 3. Numbers refer to guide pages. Ingredient amounts and inclusion vary by product and market.
The current product label identifies the ingredients in the serving you choose.

# Nothing to decode

*The details behind a more transparent formula.*

**NAMED FORMS**

When a specific nutrient form or botanical complex is used, this guide says so. It is a simple way to make an ingredient list easier to understand.

**CLEAR ROLES**

Some ingredients shape flavor, texture or mixability. Others build the nutritional and botanical profile. Each has a place in the finished OVERT experience.

**THE CURRENT LABEL LEADS**

Packaging is the final authority for ingredients, serving directions and required warnings. Read it before use, especially if you are managing caffeine intake or have questions about suitability.

# Important information

*Read the label. Choose what is right for you.*

**USE AS DIRECTED**

Use only as directed on the package. Do not exceed the stated serving. Supplements do not replace a varied diet, hydration, sleep or responsible alcohol choices.

**CAFFEINE**

For caffeinated formulas, count all daily caffeine sources. Follow the product timing directions and avoid use if you are sensitive to caffeine.

**MELATONIN**

No Jet Lag NIGHT contains melatonin and may cause drowsiness. Follow its timing, alcohol, medication and driving warnings. DAY and NIGHT are different formulas.

**ASK FIRST**

Consult a qualified health professional before use if pregnant or nursing, managing a medical condition, taking medication, or unsure about suitability.

**KEEP OUT OF REACH OF CHILDREN**

Not for children. Stop use if you experience an adverse reaction. Store in a cool, dry place.

**FDA DISCLAIMER**

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

# OVERT

WARNINGS & DISCLAIMERS

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

**INFORMATION & PRODUCT USE**

This guide provides general information, not personal medical advice. Supplements do not replace medical care or prescribed treatment. Always follow the current product label, serving directions, restrictions and warnings.

**BEFORE USE**

Consult your physician before taking any supplement, especially if you are pregnant or nursing, take medication or have a medical condition. Keep out of reach of children.

**ADVERSE REACTIONS**

Stop use immediately and consult a qualified medical professional if you experience adverse effects. Seek immediate medical attention for a severe or rapidly worsening reaction.

**CAFFEINE & MELATONIN**

Count caffeine from all sources. NO JET LAG NIGHT contains melatonin and may cause drowsiness. Do not drive or operate machinery after taking it; follow the product's timing and alcohol warnings.



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