

ESSENTIALS

Comprehensive Micronutrient Support for Health and Longevity*

Vitamins and minerals are key micronutrients required by the body for optimal health and longevity.* Essentials is a comprehensive vitamin, mineral, and herbal extract blend of bioavailable ingredients, including BioFolate® and the optimized vitamin E isomer DeltaGold®.

Research shows that deficiencies in certain vitamins and minerals are a major cause of health concerns.^{1,2} A lack of essential micronutrients in the diet can hinder normal growth, repair, and maturation of vital organs and tissues, leading to problems down the road.³

Using Essentials is a convenient way to meet micronutrient needs on a daily basis.⁴ Clinical research cited herein suggests the benefits of Essentials supplementation may include:

- Supports cognitive function and mood*
- Provides antioxidants to help support oxidative stress*
- Supports vibrant, healthy skin*
- Supports energy production and vitality*
- Supports healthy immune function*
- Supports healthy gastrointestinal function*



How Essentials Works

Essentials takes your ordinary “multivitamin” supplement to the next level by using bioavailable forms of key micronutrients so your body can properly utilize them.* The vitamins and minerals included in the Essentials formula are of pharmaceutical-grade quality for optimal health and longevity.*

Deficiencies in B vitamins and folate are common conditions that may be supported with a quality supplement.⁵ BioFolate®, a patented ingredient in Essentials, contains biologically active folate to ensure proper absorption essential for healthy cellular functions.* The clinically optimized vitamin E isomer DeltaGold® is a natural tocotrienol and is tocopherol-free, making it a more potent and powerful alternative to the typical vitamin E ingredient and providing enhanced support for cardiovascular, metabolic, bone, and skin health.⁶

The proprietary phytonutrient blend in Essentials features highly potent herbal extracts providing beneficial polyphenols and plant compounds rarely found in the diet. Phytonutrients play specific biological and pharmacological roles in supporting immune function.⁷ Herbal extracts contain numerous bioavailable compounds that may have beneficial outcomes, such as antioxidant and anti-inflammatory properties.^{8,9}

Why Use Essentials?

While eating a healthy and balanced diet is important for maintaining overall health, it is not always possible to obtain all of the critical micronutrients the body needs through food alone.* Supplementing with Essentials may help support micronutrient levels in the body and lower the chances of specific micronutrient deficiencies.*

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30/60

	Amount Per Serving	%DV*
Vitamin A (50% as beta-carotene and as retinyl acetate)	3,000 mcg RAE	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (as niacinamide and niacin)	50 mg NE	313%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%
Folate (as calcium I-5-methyltetrahydrofolate) (BioFolate®)	800 mcg DFE (480 mcg folic acid)	200%
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium-d-pantothenate)	75 mg	1,500%
Choline (as choline bitartrate)	25 mg	5%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenium aspartate)	100 mcg	182%
Copper (as cupric citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum aspartate)	50 mcg	111%
Vitamin E Isomers (from annatto seed; <i>Bixa orellana</i> ; delta tocotrienols and gamma tocotrienols) (DeltaGold®)	30 mg	**

	Amount Per Serving	%DV*
Inositol	25 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i>)	10 mg	**
Lycopene	6 mg	**
Lutein	6 mg	**
Zeaxanthin	2 mg	**
Proprietary Phytonutrient Blend	400 mg	**

Artichoke Extract (leaf; *Cynarascolymus*; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; *Momordica charantia*), Blueberry Extract (fruit; *Vaccinium spp.*; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; *Cinnamomum cassia*), Citrus Extract (fruit; *Citrus aurantium*; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; *Coffea arabica*; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, and 45% EGCG), Heartwood Extract (wood/bark; *Acacia catechu*; standardized to 6% catechins), Prune Extract (fruit; *Prunus domestica*; standardized to 50% polyphenols), Pomegranate Extract (fruit; *Punica granatum*; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; *Rosmarinus officinalis*; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; *Nasturtium officinale*).

Other Ingredients: Microcrystalline cellulose, hypromellose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. BioFolate® is a federally registered trademark of MTC Industries, Inc. DeltaGold® is a registered trademark of American River Nutrition, LLC, and protected by US Patent No. 8,586,109.

Directions: Take three capsules once daily with food or as directed by your healthcare practitioner.

Caution: If you are taking medication or other nutritional supplements consult your healthcare practitioner before use. Keep out of reach of children.

References:

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*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.

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