



# Everyday Essentials

Comprehensive Formula for Postmenopausal Health\*

**Women's Advanced**

**PRACTITIONER EXCLUSIVE**

## Everyday Essentials Women's Advanced Supplementation

Everyday Essentials Women's Advanced provides comprehensive nutritional support for postmenopausal health.\* Each bottle of Everyday Essentials Women's Advanced contains 30 packets of high quality broad coverage supplements including Essential Multi, Omega Pure EPA-DHA 500, Osteo Renew, and Bone Support with Magnesium. This comprehensive formula features bioavailable, patented ingredients essential for postmenopausal health.\*<sup>1</sup>

Clinical studies widely accept that nutritional requirements of women change as they age. Clinical research has demonstrated the efficacy of Everyday Essentials Women's Advanced to:

- Support cognitive function and balanced moods\*
- Promote overall health and well-being\*
- Support healthy immune function\*
- Promote heart, bone, musculoskeletal, and eye health\*
- Support healthy oxidative stress response\*

## How Everyday Essentials Women's Advanced Works

Essential Multi provides essential vitamins and minerals along with a proprietary phytonutrient blend supporting healthy immune function and healthy oxidative stress response.\*<sup>2,3</sup> Potent antioxidants and carotenoids support balanced moods, healthy heart function, and eye health.\*<sup>4,5,6</sup>

Omega Pure EPA-DHA 500 provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids imperative for healthy cardiovascular and immune systems while also supporting musculoskeletal and joint health.\*<sup>7,8,9,10</sup>

Osteo Renew supports healthy bone metabolism and promotes healthy inflammatory markers in the body.\*<sup>11</sup> Osteo Renew contains xanthohumol known for its phytoestrogen compounds with estrogen-like activities on healthy bone metabolism and positive effects on healthy bone cell function in postmenopausal women.\*<sup>12,13</sup>

Bone Support with Magnesium is formulated with microcrystalline hydroxyapatite concentrate, providing highly bioavailable calcium and phosphorus for supporting bone function and integrity.\* It also features an evidence-based dose of vitamin D3 and magnesium for enhanced bone mineral support, calcium absorption, and healthy muscle function.\*<sup>14,15</sup>



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

# Why Use Everyday Essentials Women's Advanced?

Research cited herein suggests supplementation with Everyday Essentials Women's Advanced may help support women's postmenopausal health.\*

## Supplement Facts

Serving Size: 1 Packet

Servings Per Container: 30

Ingredients:	Amount	%DV*
Calories	25	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%*
Protein	<1 g	
Vitamin A (50% as beta-carotene and as retinyl acetate)	2,000 mcg RAE	222%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	80 mg	89%
Vitamin D3 (as cholecalciferol)	52 mcg (2,080 IU)	258%
Vitamin E (as d-alpha tocopheryl succinate)	44.67 mg	298%
Vitamin K (as phytonadione)	1,080 mcg	900%
Thiamin (as thiamin mononitrate)	16.67 mg	1,389%
Riboflavin	10 mg	769%
Niacin (as niacinamide and niacin)	33 mg NE	208%
Vitamin B6 (as pyridoxine HCl)	17 mg	980%
Folate (as calcium l-5-methyltetrahydrofolate) (Biofolate®)	533 mcg DFE	133%
Vitamin B12 (as methylcobalamin)	133 mcg	5,555%
Biotin	333 mcg	1,111%
Pantothenic Acid (as calcium-d-pantothenate)	50 mg	1,000%
Calcium (as microcrystalline hydroxyapatite calcium and dicalcium phosphate)	416 mg	32%
Phosphorus (as microcrystalline hydroxyapatite calcium and dicalcium phosphate)	233 mg	19%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate, magnesium citrate tribasic, magnesium bisglycinate chelate, and magnesium aspartate)	327 mg	78%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenium aspartate)	67 mcg	121%
Copper (as cupric citrate)	0.7 mg	74%
Manganese (as manganese citrate)	0.3 mg	14%
Chromium (as chromium polynicotinate)	133 mcg	381%
Molybdenum (as molybdenum aspartate)	33 mcg	74%
Choline (as choline bitartrate)	17 mg	3%
Total Omega-3 Fatty Acids	1.1 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
Additional Omega-3 Fatty Acids	100 mg	**

## Ingredients:

Ingredients:	Amount	%DV*
Microcrystalline Hydroxyapatite Calcium	1 g	**
Hops Extract (flower; <i>Humulus lupulus</i> ) (4% xanthohumol)	200 mg	**
Berberine HCl (bark; <i>Berberis aristata</i> )	180 mg	**
Inositol	17 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i> )	7 mg	**
Lycopene	4 mg	**
Lutein	4 mg	**
Zeaxanthin	1.3 mg	**
Proprietary Phytonutrient Blend	267 mg	**

Artichoke Extract (leaf; *Cyanara scolymus*; 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, 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: Essential Multi:** Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. **Omega Pure EPA-DHA 500:** Highly concentrated omega-3 fish oil (anchovy, sardine, mackerel), capsule shell (gelatin, glycerin, purified water), natural lemon flavor, proprietary antioxidant blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate). **Osteo Renew:** Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica. **Bone Support with Magnesium:** Microcrystalline cellulose, resin, sodium starch glycolate, vegetable stearic acid, silica, vegetable magnesium stearate. **Contains: Fish (anchovy, sardine, mackerel).**

Biofolate® is a federally registered trademark of MTC Industries, Inc.

**Directions:** Take one packet daily or as directed by your healthcare practitioner.

**Warning:** Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day. Contains fish oil. Do not use if you are allergic to fish or fish oil.

**Caution:** If you are pregnant, nursing, or taking nutritional supplements or medications, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

- Craig, W. J. (1999). Health-promoting properties of common herbs. *America Journal of Clinical Nutrition*, 70(suppl), 491-499.
- Ward, E. (2014). Addressing nutritional gaps with multivitamin and mineral supplements. *Nutrition Journal*, 13(72).
- Gupta, C., & Prakash, D. (2014). Phytonutrients as therapeutic agents. *Journal of Complementary and Integrative Medicine*, 11(3).
- Giordano, D., Corrado, F., Santamaria, A., Quattrone, S., Pintaudi, B., DiBenedetto, A., & D'Anna, R. (2011). Effects of myo-inositol supplementation in postmenopausal women with metabolic syndrome: A perspective, randomized, placebo-controlled study. *Menopause*, 18(1), 102-104.
- Evans, H. M., Howe, P. R. C., & Wong, R. H. X. (2017). Effects of resveratrol on cognitive performance, mood and cerebrovascular function in post-menopausal women: A 14-week randomized placebo-controlled intervention trial. *Nutrients*, 9(27).
- Moeller, S. M., Perek, N., Tinker, L., Ritenbaugh, C., Blodi, B., Wallace, R. B., & Mares, J. A. (2006). Associations between intermediate age-related macular degeneration and lutein and zeaxanthin in the carotenoids in age-related eye disease study (CAREDS). *JAMA Ophthalmology*, 124(8), 1151-1162.
- Kidd, P. M. (2007). Omega-3 DHA and EPA for cognition, behavior, and mood: Clinical findings and structural-functional synergies with cell membrane phospholipids. *Alternative Medicine Review*, 12(3), 207.
- Kelley, D. S., Siegel, D., Fedor, D. M., Adkins, Y., & Mackey, B. E. (2009). DHA supplementation decreases serum C-reactive protein and other markers of inflammation in hypertriglyceridemic men. *The Journal of Nutrition*, 139(3), 495-501.
- Ebrahimi, M., Ghayour-Mobarhan, M., Rezaiean, S., Hoseini, M., Parizade, S. M. R., Farhoudi, F., & Shakari, M. T. (2009). Omega-3 fatty acid supplements improve the cardiovascular risk profile of subjects with metabolic syndrome, including markers of inflammation and autoimmunity. *Acta Cardiologica*, 64(3), 321-327.
- Kremer, J. M., Lawrence, D. A., Petrillo, G. F., Litts, L. L., Mullaly, P. M., Rynes, R. I., & Biagioette, J. (1995). Effects of high-dose fish oil on rheumatoid arthritis after stopping nonsteroidal anti-inflammatory drugs clinical and immune correlates. *Arthritis & Rheumatism*, 38(8), 1107-1114.
- Cashman, K. D. (2007). Diet, nutrition, and bone health. *The Journal of Nutrition*, 137(11), 2507S-2512S.
- Holick, M. F., Lamb, J. J., Lerman, R. H., Konda, V. R., Darland, G., Minich, D. M., Desai, A., Chen, T. C., Austin, M., Kornberg, J., Chang, J. L., Hsi, A., Bland, J. S., & Tripp, M. L. (2010). Hop rho iso-alpha acids, berberine, vitamin D3 and vitamin K1 favorably impact biomarkers of bone turnover in postmenopausal women in a 14-week trial. *Journal of Bone and Mineral Metabolism*, 28(3), 342-350.
- Li, J., Zeng, L., Xie, J., Yue, Z., Deng, H., Ma, X., Zheng, C., Wu, X., Luo, J., & Liu, M. (2015). Inhibition of osteoclastogenesis and bone resorption in vitro and in vivo by a prenylflavonoid xanthohumol from hops. *Scientific Reports*, 5.
- Christakos, S., Dhawan, P., Porta, A., Mady, L. J., & Seth, T. (2011). Vitamin D and intestinal calcium absorption. *Molecular and Cellular Endocrinology*, 347(1-2), 25-29.
- Tai, V., Leung, W., Grey, A., Reid, I. R., & Bolland, M. J. (2015). Calcium intake and bone mineral density: Systematic review and meta-analysis. *BMJ*, 351.

\* 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.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)