



# Everyday Essentials

Comprehensive Formula for Women's Health\*

**Women's**

**PRACTITIONER EXCLUSIVE**

## Everyday Essentials Women's Supplementation

Everyday Essentials Women's provides comprehensive nutritional support for overall female health.\* Each bottle contains 30 packets of high quality broad coverage supplements including essential vitamins and minerals, omega-3 fatty acids, carotenoids, calcium, iron, and numerous antioxidant and immune supporting herbal formulas.\*

Clinical research has demonstrated the efficacy of Everyday Essentials Women's to:

- Support overall health and longevity\*
- Support balanced mood\*
- Promote heart, bone, and eye health\*
- Support healthy oxidative stress response\*
- Promote healthy immune function\*
- Support blood glucose already in the normal range\*

## How Everyday Essentials Women's Works

Research shows deficiencies in certain vitamins and minerals are a major cause of health concerns.<sup>1,2</sup> Everyday Essentials Women's promotes female health at all ages with potent ingredients to provide broad coverage support through vitamins and minerals.\*<sup>3</sup>

The proprietary phytonutrient blend of highly potent herbal extracts provides beneficial polyphenols with specific biological and pharmacological roles in supporting immune function.\*<sup>4</sup> The herbal extracts also contain numerous bioavailable compounds to support healthy oxidative stress response and promote healthy immune function.\*<sup>5,6,7</sup>

Essential Multi with Iron, Bone Support Extra Strength, and Omega Pure EPA-DHA 500 are included in the Everyday Essentials Women's daily supplementation packet. Each contains a comprehensive formula featuring bioavailable, patented ingredients essential to optimal health and longevity, immune function, healthy bones, heart health, and balanced moods.\*<sup>8,9,10,11</sup>



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Inositol, resveratrol, and potent antioxidants also provide support for balanced moods, healthy heart function, and blood glucose already in the normal range.\*<sup>12,13,14</sup> The carotenoids, lycopene, lutein, and zeaxanthin, are included in Everyday Essentials Women's to support eye health.\*<sup>15,16</sup>

## Why Use Everyday Essentials Women's?

Research cited herein suggests supplementation with Everyday Essentials Women's may help support women's heart, bone, and eye health, promote balanced moods, and overall well-being and vitality.\*

# 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 mixed carotenoids 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 E (as d-alpha tocopheryl succinate)	82 mg	547%
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 L-5-methyltetrahydrofolate) (BioFolate®)	1,360 mcg DFE	340%
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%
Calcium [as microcrystalline hydroxyapatite calcium (MCH-Ca™) and dicalcium phosphate]	674 mg	52%
Iron (as ferrous bisglycinate chelate) (Ferrochel™)	18 mg	100%
Phosphorus [as microcrystalline hydroxyapatite calcium and dicalcium phosphate]	408 mg	33%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenium chelate)	100 mcg	182%
Copper (as copper citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	111%
Microcrystalline Hydroxyapatite Calcium	1.56 g	**
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*
Inositol	25 mg	**
Resveratrol Extract (root; <i>Polygonum cuspidatum</i> )	10 mg	**
Lycopene	6 mg	**
Lutein	6 mg	**
Zeaxanthin	2 mg	**
Proprietary Phytonutrient Blend	400 mg	**

Citrus Fruit Extract (pericarp; Citrus spp.; standardized to 25% bioflavonoids), Green Coffee Bean Extract (seed; *Coffea arabica*; standardized to 50% chlorogenic acid), Pomegranate Extract (hull; *Punica granatum*; standardized to 40% ellagic acid), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Bilberry Powder (fruit; *Vaccinium myrtillus*), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, and 45% EGCG), Bitter Melon Extract (fruit; *Momordica charantia*; standardized to 5% charantins), Prune Extract (fruit; *Prunus salicina*), Watercress Extract (whole herb; *Nasturtium officinale*), Cinnamon Extract (bark; *Cinnamomum zeylanicum*), Black Catechu Extract (heartwood; *Acacia catechu*; standardized to 65% catechins), Rosemary Leaf Extract (leaf; *Rosmarinus officinalis*), Artichoke Extract (aerial parts; *Cynara scolymus*; standardized to 5% cynarin).

**Other Ingredients: Essential Multi with Iron:** Capsule (hypromellose, sodium copper chlorophyllin), 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). **Bone Support Extra Strength:** Microcrystalline cellulose, resin, hydroxypropyl cellulose, vegetable stearic acid, vegetable magnesium stearate, croscarmellose sodium.

**Contains: Fish (anchovy, sardine, mackerel).**

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

**Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

**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. Keep out of reach of children.**

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

## 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.



GLUTEN-FREE



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