

# Essentials

## MultiVitamin & Mineral

### DESCRIPTION

Essentials is a highly concentrated vitamin/mineral/trace element supplement containing over 20 essential nutritional ingredients. It is a potent antioxidant formula with beta carotene, a high-potency B-complex supplement, and a wide range of minerals and trace minerals.

### FUNCTIONS

Essentials uses only the purest, most hypoallergenic ingredients, and contains no yeast, corn, wheat, sugar or other sweeteners, artificial colors, flavors or preservatives. Every batch is expiration dated to guarantee to provide a minimum of 100% of label claim for all ingredients up to the date printed on the label.

Studies have shown that a high percentage of adults and children in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balances of these nutrients are needed not only for maintaining good health, but also for the dietary management and prevention of chronic diseases. Essentials has been carefully developed to contain potent amounts of essential nutrients, such as beta carotene, vitamin c, vitamin E and B-complex vitamins due to their vital roles in antioxidant protection, energy protection and maintenance of healthy blood cells, nervous system, hormonal balance and more. Minerals and elements are provided in their safest and most bioavailable forms, such as amino acid chelate and other scientifically validated and superior forms.

### INDICATIONS

Essentials is a useful dietary supplement for individuals who wish to consume essential nutrients for health.

### SUGGESTED USE

Adults take 1 tablet daily with meals or as directed by a healthcare professional.

### SIDE EFFECTS

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

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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.

### FORMULA (WW #10053)

#### Each Tablet Contains:

Vitamin A (palmitate).....	7,500 I.U.
Vitamin A (beta carotene).....	7,500 I.U.
Vitamin C (ascorbic acid).....	250 mg
Vitamin D-3.....	400 I.U.
Vitamin E.....	150 I.U.
Thiamin (Vitamin B-1).....	75 mg
Riboflavin (Vitamin B-2).....	75 mg
Niacinamide.....	75 mg
Vitamin B-6.....	75 mg
Folic Acid.....	400 mcg
Vitamin B-12.....	75 mcg
Pantothenic Acid (as Calcium Pantothenate).....	75 mcg
Biotin.....	75 mcg
Calcium (Amino Acid Chelate).....	50 mg
Iron (Amino Acid Chelate).....	10 mg
Iodine.....	150 mcg
Magnesium (Amino Acid Chelate).....	7.7 mg
Zinc (Amino Acid Chelate).....	15 mg
Selenium (Amino Acid Chelate).....	25 mcg
Copper (Amino Acid Chelate).....	0.25 mg
Manganese (Amino Acid Chelate).....	6.1 mg
Chromium (GTF/Amino Acid Chelate).....	10 mcg
Potassium (Amino Acid Chelate).....	10 mg
<b>Plus:</b>	
Choline (from 75 mg Choline Bitartrate).....	35 mg
Inositol.....	75 mg
PABA (Para-Aminobenzoic acid).....	75 mg
Rutin.....	25 mg
Citrus Bioflavonoid Complex.....	25 mg
Betaine (from 25 mg Betaine HCL).....	19 mg
Glutamic Acid.....	25 mg
Hesperidin Complex.....	5 mg
Other Ingredients: cellulose, vegetable stearate, and silica.	

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, preservatives, artificial coloring or flavoring.

### REFERENCES

- Cranton EM, Frackleton JP: Free radical pathology in age-associated disease: treatment with EDTA chelation, nutrition, and antioxidants. J Holistic Med 1984;6:1-36.
- Davis BP et al: Enhanced absorption of oral vitamin B12 from a resin ascorbate administered to normal subjects. Manip Physiol Ter 1982;5:123-127.
- Holmes RP, Kummerow FA: The relationship of adequate and excessive intake of vitamin D to health and disease. Am Coll Nutr 1983;2:172-199.
- Sullivan J: Iron and the difference in heart disease risk. Lancet 1981;1:1293-1294.