

# ESSENTIALS FOR LIFE

## DIETARY SUPPLEMENT

Essentials for Life is the complete nutritional supplement system that addresses core daily nutritional supplementation needs with vitamins, minerals, antioxidants, probiotics and enzymes.

### BENEFITS

- Increases energy and overall health
- Mineral replenishment
- Promotes stronger bones, healthy hair, skin and nails
- Muscle maintenance
- Added protection from free radical damage
- Digestion support
- Beneficial intestinal bacteria to strengthen immune system
- Increases ability to make lean muscle and burn fat
- Healthy insulin function and blood sugar levels
- Minimizes mood swings
- Reduces food cravings

## WHAT ESSENTIALS FOR LIFE PROVIDES

Essentials for Life provides a 100% whole-food nutritional foundation to support overall health and energy. Daily exposure to stress, a poor diet, alcohol, smoking, and other factors can deplete the body's store of vitamins, minerals, enzymes, and friendly flora. Essentials for Life helps rebuild these essential components of good health, creating a nutritional baseline for more targeted supplementation while aiding with digestion, metabolism, and supplementing nutrients missing from modern diets.

### FEATURES

- Proprietary whole-food vitamin and antioxidant blend
- Includes both proprietary digestive enzyme and probiotic blends
- 100% vegetarian formula
- Free of lactose, gluten, MSG, salt, sugar, artificial colors, flavors, sweeteners, chemical preservatives, additives and fillers

### NSF CERTIFIED FOR SPORT®

- Products do not contain any of 270+ substances banned by major athletic organizations
- The contents of the supplement actually match what is printed on the label
- There are no unsafe levels of contaminants in the tested products
- The product is manufactured at a facility that is registered for Good Manufacturing Practice (GMP) and audited twice annually for quality and safety by NSF International

### 6-IN-1 NUTRITION

**Essentials for Life combines six different nutritional benefits into one amazing system:**

1. Whole food multi-vitamins replenish essential nutrients
2. Patented chelated minerals for maximum absorption, better energy and more stamina
3. Vital digestive enzymes necessary for proper digestion and nutrient utilization
4. Potent antioxidants protect against the damaging effects of free radicals
5. Billions of stabilized probiotics help suppress harmful bacteria while promoting digestive health
6. Specific enzymes for metabolizing fat and supporting healthy blood sugar levels



*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.*

Serving Size 3 Capsules

Servings Per Container 56

	Amount Per Serving	% DV*		Amount Per Serving	% DV*
Vitamin A (as Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin, Lutein)	240 mcg	27%	Calcium (as calcium bisglycinate chelate buffered - calcium carbonate)**	80 mg	6%
Vitamin C (as Acerola fruit extract)	30 mg	33%	Iron (as ferrous bisglycinate chelate)(**Ferrochel™)	1.2 mg	7%
Vitamin D [as cholecalciferol (D <sub>3</sub> )]	30 mcg (1,200 IU)	150%	Iodine (as potassium iodide)	75 mcg	50%
Vitamin E (as natural mixed tocopherols with tocotrienols)	10 mg	67%	Magnesium	40 mg	10%
Thiamin (as thiamin HCl)	0.7 mg	58%	(as magnesium bisglycinate chelate buffered - magnesium bisglycinate chelate, magnesium oxide)**		
Riboflavin	0.8 mg	62%	Zinc (as zinc bisglycinate chelate)**	5 mg	45%
Niacin (as niacinamide)	9.5 mg	59%	Selenium (as selenium glycinate)**	8 mcg	15%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)	1 mg	59%	Copper (as copper bisglycinate chelate)**	0.6 mg	67%
Folate (as Calcium L-5 Methyltetrahydrofolate)	335 mcg DFE	84%	Manganese (as manganese bisglycinate chelate)**	0.4 mg	17%
Vitamin B <sub>12</sub> (as methylcobalamin)	3 mcg	125%	Chromium (as chromium nicotinate glycinate chelate)**	105 mcg	300%
Biotin (as D-Biotin)	150 mcg	500%	Molybdenum (as molybdenum glycinate chelate)**	8 mcg	18%
Pantothenic acid (as D-calcium pantothenate)	5.5 mg	110%			

	Amount Per Serving	% DV*
<b>Fruit and Vegetable Blend:</b>	398 mg	*

Acerola fruit extract, garlic, kelp, rutin, broccoli, brussel sprouts, cabbage, spinach leaf, beet root, pomegranate fruit extract, chlorella algae, cranberry extract, Jerusalem artichoke root inulin, quercetin dihydrate, alfalfa leaf, blueberry fruit, carrot root, ginger root, grape seed extract, green pepper fruit, olive leaf extract, raspberry juice powder, shiitake mushroom extract, spirulina, sweet potato tuber, turmeric root extract, olive fruit extract, pine bark extract, resveratrol (from Polygonum cuspidatum root extract)

	Amount Per Serving	% DV*
<b>Digestive Enzyme Blend:</b>	210 mg	*

Acid protease, fungal protease, glucoamylase, invertase, malt diastase, lactase, cellulase, lipase, fungal amylase, peptidase

	Amount Per Serving	%DV*
<b>Multi Strain Probiotic Blend: (3 Billion CFU †)</b>		
<i>Lactobacillus acidophilus (LA02)</i>	1.26 Billion CFU	*
<i>Bifidobacterium breve (BR-03)</i>	.63 Billion CFU	*
<i>Lactobacillus rhamnosus (LR-05)</i>	.504 Billion CFU	*
<i>Bifidobacterium lactis (BS01)</i>	.24 Billion CFU	*
<i>Streptococcus thermophilus (Y08)</i>	.24 Billion CFU	*
<i>Lactobacillus paracasei (LPC-00)</i>	.063 Billion CFU	*
<i>Lactobacillus plantarum (LP-01)</i>	.0252 Billion CFU	*
<i>Bifidobacterium bifidum (BB-01)</i>	.0126 Billion CFU	*
<i>Bifidobacterium longum (BL-03)</i>	.0126 Billion CFU	*
<i>Bifidobacterium adolescentis (BA-02)</i>	.0126 Billion CFU	*
<b>Inulin (as chicory)</b>	120 mg	*
<i>Boron (as bororganic glycine)**</i>	100 mcg	*
<i>Vanadium (as vanadium glycinate chelate)**</i>	7.5 mcg	*
<i>Vitamin K<sub>2</sub> (as menaquinone-7)</i>	30 mcg	*

\* Daily Value (DV) not established † At time of manufacture \*\*Albion™ and \*\*Ferrochel™ are trademarks of Albion Laboratories, Inc

**Other ingredients:** Hypromellose, vegetable stearic acid, ascorbic acid, rice flour, and silica.

**SUGGESTED USAGE** Take 3 capsules 2x daily with food, or as directed by your healthcare provider.

**STORAGE** Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken.

**WARNING:** Keep out of reach of children. Consult with your physician before taking this product if you have a medical condition, are taking medication, are pregnant or breast-feeding. Patients on anticoagulant therapy should consult with their physicians before taking Vitamin K2 supplements.

**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.

**WARNING:** California Residents Proposition 65

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