

Chewable Essentials



Clinical Applications

- Supports Micronutrition for Optimal Growth, Normal Development, and Long-Term Health*
- Helps Ensure that Children Get Nutrients They Might be Missing*
- Helps Bridge Nutritional Gaps*
- Provides Micronutrients Important for Healthy Immunity*
- Ideal for Children or Adults Who Cannot Swallow Capsules*

*Chewable Essentials is formulated to address children's unique nutritional needs for growth, development, and vitality and to help close the nutritional gaps that commonly result from suboptimal diets. Each great-tasting tablet provides 23 important vitamins and minerals in active, highly bioavailable forms and is free of artificial colors and flavors, preservatives, and high-fructose corn syrup.**

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Good nutrition in childhood and adolescence is essential for achieving optimal growth and normal development. It also greatly impacts overall health and well-being, including resistance to infection and achieving peak bone mass.¹ Not only does good nutrition impact health, but it also influences socialization, self-esteem, and academic performance.^{2,3} Unfortunately, the diets of many American children fall considerably short of recommended dietary standards.⁴ For instance, vitamins A, C, D, and E as well as folate, calcium, and magnesium are all under consumed relative to the estimated average requirements (EARs).⁵

Finding a children's multiple that comprises nutrients in their most highly absorbable form, such as 5-MTHF instead of folic acid^{6,7}; is free of toxic additives and preservatives; and tastes great without using corn syrup can be very challenging. Absolute Health has met this challenge with Chewable Essentials.

Clean Chewable Essentials is free of the common allergens wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, and egg. It does not contain hydrogenated oils, dyes, artificial colors, or other additives, such as high-fructose corn syrup; nor does it contain artificial flavors, sweeteners, or preservatives.

Quality, Naturally Chewable Essentials micronutrients are provided in bioavailable forms so that they can be better absorbed and utilized. The formula features a full complement of Albion® patented mineral chelates and complexes.⁸ It not only provides natural vitamin E, which has been proven to be up to 100% more bioavailable than synthetic dl-alpha-tocopherol, but it also delivers mixed tocopherols to more closely approximate how one might consume vitamin E in healthful foods.^{9,10} Folate is provided as Quatrefolic—5-methyltetrahydrofolate (5-MTHF) glucosamine salt. 5-MTHF is the most bioactive form of folate.¹¹ K2 is delivered in the form of menaquinone-7. Vitamin B12 is provided as MecobalActive™, a form of methylcobalamin that has very high purity; no harmful solvents are used in its production.¹² Vitamins B2 and B6 are also provided in activated forms.*

Taste To get children to take a supplement, it must taste good. The mixed berry flavor makes it easy to incorporate Chewable Essentials into kids' daily routines; they will never notice all the great B vitamins and other micronutrients they are getting. Its delicious blend of blackberry, blueberry, strawberry, raspberry, and cherry flavors has the perfect balance of sweetness and tartness—one doesn't overpower the other. There's also no stevia. Chewable Essentials is sweetened by xylitol and monk fruit extract.*¹³

Complete Many vitamins and minerals work synergistically and cooperatively. Chewable Essentials features a 23-nutrient profile that includes calcium and magnesium, zinc and copper, vitamins C and E, B vitamin complex, beta-carotene, and trace elements.*

Divided Dosing Unlike one-a-day multivitamins, Chewable Essentials doses can be divided throughout the day to allow better utilization of the nutrients. This is particularly important for water-soluble nutrients like vitamin C and the B vitamins.*

Energy Production Kids need energy to perform well in school and keep up with their extracurricular activities. Chewable Essentials provides generous levels of B vitamins, which serve as prime coenzymes in glycolysis and oxidative phosphorylation and as cofactors in amino acid and lipid metabolism. Many functional medicine practitioners believe that the balanced presence of B vitamins is essential to their cooperative functioning.*

Antioxidant Protection Vitamins E and C, selenium, zinc, trace elements, and 1,275 mg of mixed carotenoids (beta-carotene, alpha-carotene, lutein, lycopene, and zeaxanthin) provide broad-spectrum antioxidant activity. The combined presence of all these nutrients supports their ability to regenerate each other and maintain consistent levels of antioxidant activity both intra- and extracellularly.*

*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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Chewable Essentials



Supplement Facts

Serving Size: 4 Chewable Tablets
Servings Per Container: 30

Amount Per Serving	%DV for Children 1 through 4 Years		%DV for Children 4 through 8 Years		Amount Per Serving	%DV for Children 1 through 4 Years		%DV for Children 4 through 8 Years	
	of Age	Years of Age	of Age	Years of Age		of Age	Years of Age	of Age	Years of Age
Calories	15				Magnesium (as Albion dimagnesium malate)	50 mg	63%	12%	
Total Carbohydrate	6 g	4%	2%		Zinc (as TRAACS, zinc bisglycinate chelate)	7.5 mg	250%	68%	
Vitamin A (600 mcg (8%) as natural beta-carotene and 300 mcg (33%) as retinyl palmitate)	900 mcg	300%	100%		Selenium (as Albion selenium glycinate complex)	50 mcg	250%	81%	
Vitamin C (ascorbic acid)	250 mg	1867%	276%		Copper (as TRAACS copper bisglycinate chelate)	1.3 mg	167%	58%	
Vitamin D3 (cholecalciferol)	12.5 mcg (500 IU)	83%	63%		Manganese (as TRAACS manganese bisglycinate chelate)	1.5 mg	42%	26%	
Vitamin E (alpha-tocopherol succinate)	33.9 mg	588%	223%		Chromium (as TRAACS chromium nicotinate bisglycinate chelate)	50 mcg	455%	149%	
Vitamin K2 (as menaquinone-7)	15 mcg	30%	13%		Molybdenum (as TRAACS molybdenum glycinate chelate)	50 mcg	294%	111%	
Thiamin (as thiamine HCl)	5 mg	1000%	417%		Natural Mixed Tocopherols	60 mg	**	**	
Riboflavin (as riboflavin and riboflavin 5'-phosphate sodium)	5 mg	1000%	385%		Natural Mixed Carotenoids	1,275 mg	**	**	
Niacin (as niacinamide)	10 mg	167%	63%		Typical Composition:				
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	2.5 mg	500%	141%		Beta-Carotene	600 mcg	**	**	
Folate (as Quatrefolic® (5S)-5-methyltetrahydrofolic acid, glucosamine salt)	200 mcg DFE	133%	50%		Alpha-Carotene	250 mcg	**	**	
Vitamin B12 (as MecobalActive® methylcobalamin)	50 mcg	5556%	2083%		Lutein	248 mcg	**	**	
Biotin	150 mcg	1875%	500%		Lycopene	123 mcg	**	**	
Pantothenic Acid (as D-calcium pantothenate)	10 mg	500%	200%		Zeaxanthin	12 mcg	**	**	

Other ingredients: Xylitol, natural flavors (no MSG), vegetable stearic acid, citric acid, silica, vegetable magnesium stearate, monk fruit extract, and malic acid.

MecobalActive® is a trademark of Ferrer Health Tech.



Quatrefolic® is a registered trademark of Gross S.p.A. Produced under US patent 7,947,662.

Albion®, DimaCalc®, TRAACS®, and the Albion Gold Medallion® are registered trademarks of Albion Laboratories, Inc. Di-Magnesium Malate covered by US patent 6,706,904.

Directions

Children 1-3 years: Take one to two tablets twice daily;
Children 4 years or more: Take two to four tablets twice daily, or as directed by your healthcare provider.

Consult your healthcare provider prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

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.

Does Not Contain

Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



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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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