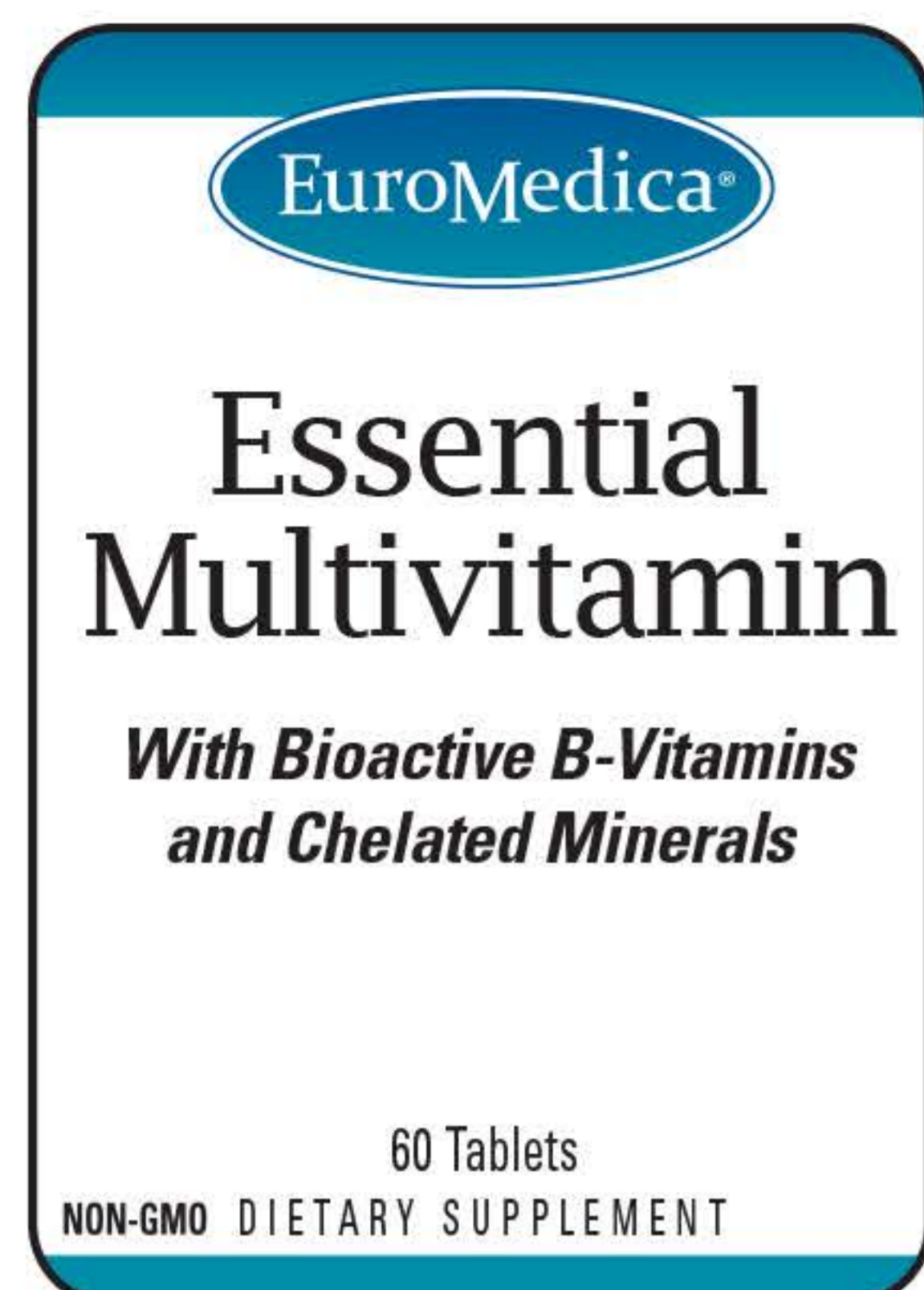




# Essential Multivitamin

## Superior Multivitamin with Bioactive B-Vitamins and Chelated Minerals



**Recommendations:** 2 tablets daily, or as recommended by your healthcare practitioner. May increase to 2 tablets twice daily. 1 tablet daily for children ages 12 and up.

If pregnant or nursing, consult a healthcare practitioner before using.

**Other Ingredients:** microcrystalline cellulose, maltodextrin, hydroxypropyl cellulose, citric acid, croscarmellose sodium, silica, starch, stearic acid, glycerol monostearate, hydroxypropyl methylcellulose, dicalcium phosphate, magnesium stearate, ascorbyl palmitate, rosemary extract.

**No** sugar, salt, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, or artificial preservatives. Color variations are normal.

When you need a quality multivitamin and mineral supplement choosing the right one can be a real challenge. “Once-daily” multivitamins cannot provide the nutrient levels you need for the most benefits, and over-specialized, heavily marketed niche formulas aren’t necessary.

The reality is that most people need the same nutrients – including bioactive B-vitamins, and chelated minerals, regardless of gender or age.

With **Essential Multivitamin**, you can choose the one formula that provides the essential nutrients – and the best forms of those nutrients – for everyone in your family, from ages 12 and up. These include:

- **Bioactive B-vitamins:** **Essential Multivitamin** provides vitamin B6, B12, and folic acid in their active forms – P-5-P, methylcobalamin, and L-methylfolate. Many people – by some estimates, up to 30% of the population – have difficulty converting B-vitamins to their active forms. This means they derive less benefit regardless of the dose.

That’s why the bioactive B-vitamins in **Essential Multivitamin** are different. They don’t require conversion by the liver, so even individuals with liver issues or other reasons for poor conversion will benefit. These B-vitamins support energy levels, cardiovascular health, nerve function, carbohydrate metabolism, and amino acid production.\* This formula provides the levels of B-vitamins needed by everyone, including women who are pregnant or nursing.

- **Easily absorbed chelated trace minerals:** We all need minerals, but we need to absorb them, too. To ensure you benefit from these essential nutrients, **Essential Multivitamin** uses The Real Amino Acid Chelate System (TRAACS™) which binds minerals to amino acids to create an organic molecule the body can easily use. These minerals benefit muscle tissue and heart rhythm, immune system function, proper bone and collagen formation, mental well-being and healthy metabolism.\*
- **Vitamin D3:** The “sunshine vitamin” is a daily requirement that supports proper calcium absorption for healthy bones and teeth, immune system function, and helps maintain mental well-being.\*
- **Vitamin E from a mixed tocopherol complex:** The complete family of tocopherols (alpha, beta, delta, and gamma) are included in this formula the way nature intended. Together, they help support heart and immune system health, and protect cellular structures from oxidative damage.\*
- **Ginger:** This botanical ingredient supports the digestive system, helping the body absorb the nutrients it needs for optimum vitality.\*

### SUPPLEMENT FACTS

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per 2 Tablets:	%DV <sup>^</sup>
Calories	10
Total Carbohydrate	1 g < 1%
Protein	2 g 4%
Vitamin A (as retinyl palmitate)	750 mcg (2,500 IU) 83%
Vitamin C (from calcium ascorbate)	62.5 mg 69%
Vitamin D3 (as cholecalciferol)	12.5 mcg (500 IU) 63%
Vitamin E (as d-alpha and mixed tocopherols)	16.75 mg (25 IU) 112%
Vitamin K2 [as menaquinone-7 (MK-7 as MenaQ7®)]	22.5 mcg 19%
Riboflavin (Vitamin B2)	25 mg 1,923%
Niacin (Vitamin B3) (as niacin and from niacinamide)	25 mg 156%
Vitamin B6 (from pyridoxal-5-phosphate)	12.5 mg 735%
Folate (from Calcium-L-5-Methyltetrahydrofolate)	340 mcg DFE 85%
Vitamin B12 (as methylcobalamin)	125 mcg 5,208%
Biotin (as D-biotin)	250 mcg 833%
Pantothenic acid (from d-calcium pantothenate)	25 mg 500%
Choline (from choline bitartrate)	25 mg 5%
Calcium (from TRAACS™ Calcium Glycinate Chelate, calcium fructoborate, calcium ascorbate, and d-calcium pantothenate)	200 mg 15%
Iodine (from potassium iodide)	75 mcg 50%
Magnesium (TRAACS™ Magnesium Bisglycinate Chelate Buffered (Magnesium Bisglycinate Chelate and Magnesium Oxide))	150 mg 36%
Zinc (from TRAACS™ Zinc Glycinate)	7.5 mg 68%
Selenium (as selenium yeast) ( <i>Saccharomyces cerevisiae</i> )	50 mcg 91%
Copper (from TRAACS™ Copper Glycinate Chelate)	0.5 mg 56%
Manganese (from TRAACS™ Manganese Glycinate Chelate)	2.5 mg 109%
Chromium (from TRAACS™ Chromium Nicotinate Glycinate Chelate)	125 mcg 357%
Molybdenum (from TRAACS™ Molybdenum Glycinate Chelate)	62.5 mcg 139%
Potassium (from Potassium Glycinate Complex)	25 mg 1%
Ginger ( <i>Zingiber officinale</i> ) Rhizome Extract Standardized for ≥ 5% gingerols and shogaols (5 mg)	100 mg **
Benfotiamine	25 mg **
Inositol	25 mg **
Bioflavonoids from Citrus ( <i>Citrus aurantium</i> ) Peel Extract	25 mg **
PABA (para-aminobenzoic acid)	7.5 mg **
Boron (from calcium fructoborate)	750 mcg **
Vanadium (from TRAACS™ Vanadium Nicotinate Glycinate Chelate)	62.5 mcg **

<sup>^</sup> Percent Daily Values are based on a 2,000 calorie diet

\*\* Daily Value not established

† US Patent No. 7,947,662

TRAACS™ is a trademark of Albion Laboratories, Inc.  
MenaQ7™ is a trademark of NattoPharma, Norway.

