



## Nutritional support for overall health and well-being

### APPLICATIONS / BENEFITS

- Supports recommended daily intake of essential vitamins and minerals
- Protects against nutritional shortfalls from diet
- Supplies enhanced men- and women-specific nutritional support
- Made from organic whole food cultured in organic media for optimal absorption
- Easy-to-digest tablets can be taken on an empty stomach

### OVERVIEW

**Patient One Primary Care Dailys™** are foundation multi-vitamin supplements supplying broad-range vitamins, minerals, antioxidants and botanical compounds for overall health and well-being. Unlike typical multi-vitamins on the market that are made from synthetic chemical isolates, our Primary Care Dailys feature organic, non-GMO ingredients made from nutrient-dense raw, whole foods that are cultured in live probiotics with organic fruits, vegetables, and herbs, providing nutrition in a format your body understands and easily absorbs.

The superior, more efficient absorbability of our formulas maximizes effectiveness with lower potency levels, allowing us to pack our tablet with added nutrients plus unique, proprietary herbal blends targeted for important health needs of men and women. Because they are whole-food complexes, Patient One Primary Care Dailys are gentle, easy to digest and can be taken any time of day—even on an empty stomach. The one-a-day dose promotes patient compliance.

Vitamins are essential to a variety of biological processes, including growth, digestion, and nerve function. Primary Care Daily™ multi-vitamins supply a full spectrum of nutrients that support optimal wellness and can help fill the gaps in essential vitamins and minerals when lacking from the daily diet. According to the FDA's Dietary Guidelines for Americans, many people consume more calories than they need without

taking in recommended amounts of a number of nutrients. The Guidelines warn that there are numerous nutrients—including vitamins—for which low dietary intake may be a cause of concern.

### BEYOND TRADITIONAL MULTIVITAMINS

Primary Care Men's and Women's Dailys are enhanced with proprietary organic whole food and herbal blends formulated to support specific health needs of men and women.

**Primary Care Women's Daily™** provides added nutritional support for energy, stress management, hormonal balance, digestive comfort, immunity, and inflammation modulation.

**Primary Care Men's Daily™** supplies added nutritional support for energy, stress management, cardiovascular support, immunity, digestive comfort and inflammation modulation.

### REFERENCES

1. [www.fda.org](http://www.fda.org)
2. [www.cdc.gov](http://www.cdc.gov)
3. National Health and Nutrition Examination Survey. Centers for Disease Control and Prevention. <http://www.cdc.gov/nchs/nhanes.htm>.
4. Toffanello ED, Inelmen EM, Minicuci N, et al. Ten-year trends in vitamin intake in free-living healthy elderly people: the risk of subclinical malnutrition. *J NutrHealth Aging*. 2011 Feb;15(2):99-103. [PMID: 21365161]

## Primary Care Men's Daily

### Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Amount Per Serving	% DV*			% DV*
Vitamin A †	1500 mcg RAE	167%	Pantothenic acid †	10 mg 200%
Vitamin C †	60 mg	67%	Calcium †	20 mg 2%
Vitamin D †	40 mcg	200%	(as Calcium Lithothamnion)	
Vitamin E †	20 mg	134%	Iodine †	75 mcg 50%
Vitamin K †	75 mcg	63%	Magnesium †	5 mg 1%
Thiamin (Vitamin B-1) †	1.7 mg	142%	Zinc †	15 mg 136%
Riboflavin (Vitamin B-2) †	1.7 mg	131%	Selenium †	75 mcg 136%
Niacin (Vitamin B-3) †	20 mg NE	125%	Copper †	1.4 mg 156%
Vitamin B-6 †	2 mg	118%	Manganese †	1 mg 43%
Folate (Folic Acid) †	333 mcg DFE	83%	Chromium †	75 mcg 214%
Vitamin B-12 †	50 mcg	2083%	Molybdenum †	10 mcg 22%
Biotin †	150 mcg	500%		

Vitamin K2	10 mcg	**
Mixed Carotenoids	500 mcg	**

#### Organic Stress and Energy Support Blend

Organic *Schisandra chinensis* (fruits/seeds), Organic Maca (*Lepidium meyenii*) (root), Organic Chamomile (*Matricaria chamomilla*) (flowers)

Cardio Support Blend	20 mg	**
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Organic Fenugreek seed powder (*Trigonella foenum graecum*), Organic Oregano powder (*Origanum vulgare*) (leaf), Organic Hawthorne powder (*Crataegus oxyacantha*) (leaf), Grapeseed extract (*Vitis vinifera*) [Std to 95% Polyphenols]

Immune Support Blend	15 mg	**
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Elderberry extract (*Sambucus nigra* L.) (fruit/flower), Organic Eleuthero (*Eluetherococcus senticosus*) (rhizome), Organic Astragalus root (*Astragalus membranaceus* L.)

Organic Turmeric ( <i>Curcuma longa</i> ) (rhizome)	20 mg	**
Organic Ginger root ( <i>Zingiber officinale</i> )	20 mg	**

\* Daily Values based on 2,000 calorie diet

\*\* Daily Value not established

† Nutrients & herbs are cultured in organic media that may contain: *S. cerevisiae* (organic yeast: active & inactive), *L. acidophilus*, *L. bifidus*, *L. rhamnosus* & enzymes (deactivated).

**Other Ingredients:** organic gum acacia, silica, aqueous film coating (purified water, hydroxypropyl methylcellulose, vegetable glycerin)

**Contains:** non-GMO soy and trace amounts of milk

**Free of:** egg, fish, peanuts, crustacean shellfish, tree nuts and wheat. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 tablet daily, with or between meals, as a dietary supplement or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Non-GMO

Tablets

## Primary Care Women's Daily

### Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Amount Per Serving	% DV*			% DV*
Vitamin A †	1500 mcg RAE	167%	Pantothenic acid †	10 mg 200%
Vitamin C †	60 mg	67%	Calcium †	50 mg 4%
Vitamin D †	40 mcg	200%	Iron †	3 mg 17%
Vitamin E †	20 mg	133%	Iodine †	75 mcg 50%
Vitamin K †	75 mcg	63%	Magnesium †	5 mg 1%
Thiamin (Vitamin B-1) †	1.7 mg	142%	Zinc †	7.5 mg 68%
Riboflavin (Vitamin B-2) †	1.7 mg	131%	Selenium †	50 mcg 91%
Niacin (Vitamin B-3) †	20 mg NE	125%	Copper †	0.7 mg 78%
Vitamin B-6 †	2 mg	118%	Manganese †	2 mg 87%
Folate (Folic Acid) †	666 mcg DFE	167%	Chromium †	60 mcg 171%
Vitamin B-12 †	50 mcg	2083%	Molybdenum †	10 mcg 22%
Biotin †	150 mcg	500%		

Vitamin K2	10 mcg	**
Mixed Carotenoids	500 mcg	**

#### Organic Stress and Energy Support Blend

Organic *Schisandra chinensis* (fruits/seeds), Organic Maca (*Lepidium meyenii*) (root), Organic Chamomile (*Matricaria chamomilla*) (flowers)

Organic Hormone Support Blend	25 mg	**
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Organic Chasteberry (*Vitex agnus castus*) (fruit), Organic Red clover (*Trifolium pratense*) (flowers), Organic Raspberry leaf (*Rubus idaeus*)

Immune Support Blend	15 mg	**
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Elderberry extract (*Sambucus nigra* L.) (fruit/flower), Organic Eleuthero (*Eluetherococcus senticosus*) (rhizome), Organic Astragalus root (*Astragalus membranaceus* L.)

Organic Turmeric ( <i>Curcuma longa</i> ) (rhizome)	20 mg	**
Organic Ginger root ( <i>Zingiber officinale</i> )	20 mg	**

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The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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**Patient One**  
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