

Supplement Facts

Serving Size: 6 Capsules (See dosage guide for dosing by body weight)
Servings Per Container: 30

	Amount Per Serving	% Daily Values for Adults and Children 4 or more years of age
Vitamin A (with 1800 mcg RAE as Mixed Carotenoids and 600 mcg RAE as Retinyl Palmitate)	2400 mcg RAE	267%
Vitamin C (as Calcium Ascorbate)	300 mg	333%
Vitamin D3 (as Cholecalciferol)	62 mcg	313%
Vitamin E (as D-Alpha Tocopherol)	45 mg	300%
Vitamin K (as K1 and K2(ViK®))	300 mcg	250%
Vitamin B1 (as Thiamin Hydrochloride)	30 mg	2500%
Vitamin B2 (Riboflavin)	40 mg	3077%
Vitamin B3 (as Niacin and Niacinamide)	40 mg NE	219%
Vitamin B6 (as Pyridoxal-5-Phosphate and Pyridoxine HCl)	40 mg	2353%
Folate (as L-5-Methylfolate calcium salt)	600 mcg DFE	150%
Vitamin B12 (as 500 mcg Hydroxocobalamin and 100 mcg Methylcobalamin)	600 mcg	25000%
Biotin (d-biotin)	500 mcg	1667%
Vitamin B5 (Pantothenic Acid as Calcium D-pantothenate and Calcium Pantothenate)	30 mg	600%
Calcium (from Dicalcium Malate, Calcium Ascorbate, and Calcium Pantothenate)	200 mg	15%
Magnesium (as Dimagnesium Malate, Magnesium Citrate and Magnesium Taurate)	200 mg	48%
Zinc (as Zinc Sulfate and Amino Acid Chelate)	15 mg	136%
Selenium (80% as Selenomethionine, 20% as Sodium Selenite)	50 mcg	91%

Other ingredients: Hypromellose (Capsule), Silica.



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	Amount Per Serving	% Daily Values for Adults and Children 4 or more years of age
Manganese (as Manganese Aspartate)	0.5 mg	22%
Chromium (as Chromium Picolinate)	70 mcg	200%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg	222%
Iodine (as Potassium Iodide)	100 mcg	67%
Potassium (as Potassium Chloride)	50 mg	1%
Choline (from Vitacholine® Choline Bitartrate)	250 mg	45%
Methylsulfonylmethane (OptiMSM®)	500 mg	†
L-Carnitine	300 mg	†
Co-Enzyme Q10	100 mg	†
N-Acetyl-L-Cysteine (NAC)	100 mg	†
Inositol	100 mg	†
Nicotinamide Riboside	10 mg	†
Nicotinamide Adenine Dinucleotide (Panmol® NADH)	10 mg	†
Lithium (as Lithium Orotate)	350 mcg	†

† Daily Value not established
Daily Values based on a 2000 calorie diet

*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.

DOSING GUIDE

Essentials Plus Capsules



Important to Follow When Starting

- Vitamins and minerals are normally consumed as part of the food we eat. Therefore, vitamin/mineral/micronutrient supplements should always be taken with food, not on an empty stomach, to reduce the risk of stomach upset.
- We recommend starting at a low dose, and gradually increasing as tolerated. Adjust the dosage to what works best for your child.
- The Adams et al. 2012 study found that this dosing was optimal for most participants, but some did better at 50-75% of the final recommended dosage. Adjust the dosage to what works best for the child.

Dosage Chart: Essentials Plus Capsules 3X DAILY						
Bodyweight 20-45 Lbs.	Days 1-14	Days 15-28	Days 29+			
Breakfast	1	1	1			
Lunch	0	0	1			
Dinner	0	1	1			
Bodyweight 46-75 Lbs.	Days 1-6	Days 7-12	Days 13-18	Days 19-24	Days 25-30	Days 31+
Breakfast	1	1	1	2	2	2
Lunch	0	0	1	1	1	2
Dinner	0	1	1	1	2	2
Bodyweight 76-105 Lbs.	Days 1-7	Days 8-14	Days 15-21	Days 22-28	Days 29+	
Breakfast	1	2	2	3	3	
Lunch	0	1	2	2	3	
Dinner	1	1	2	3	3	
Bodyweight 106+ Lbs.	Days 1-10	Days 11-20	Days 21-30	Days 31+		
Breakfast	1	2	3	4		
Lunch	1	2	3	4		
Dinner	1	2	3	4		

Dosage Chart: Essentials Plus Capsules 2X DAILY

Bodyweight 20-45 Lbs.	Days 1-14	Days 15-28	Days 29+			
Breakfast	1	1	2			
Dinner	0	1	1			
Bodyweight 46-75 Lbs.	Days 1-6	Days 7-12	Days 13-18	Days 19-24	Days 25-30	Days 31+
Breakfast	1	1	2	2	3	3
Dinner	0	1	1	2	2	3
Bodyweight 76-105 Lbs.	Days 1-7	Days 8-14	Days 15-21	Days 22-28	Days 29+	
Breakfast	1	2	3	4	5	
Dinner	1	2	3	3	4	
Bodyweight 106+ Lbs.	Days 1-6	Days 7-12	Days 13-18	Days 19-24	Days 25-30	Days 31+
Breakfast	1	2	3	4	5	6
Dinner	1	2	3	4	5	6



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