

Supplement Facts

Serving Size: 2.5 Level Scoops (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 1,800 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 K2Vital®)	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, Citrate and Magnesium Taurate)	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%

	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 TRACs® 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 (Pannol® NADH)	10 mg	†
Lithium (as Lithium Orotate)	350 mcg	†

† Daily Value not established

Daily Values based on a 2000 calorie diet

Other Ingredients: Silica.

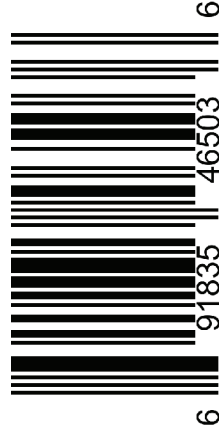
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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DOSING GUIDE

Essentials Plus Powder



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.

Powder Tips

- Dosing can be 3x/day (preferred, since slightly better absorption) or 2x/day (almost as good). Scoop size is 3cc which is approximately 1 slightly rounded 1/2 teaspoon (.6).
- Powder is unflavored. Mix with your favorite fruit juice, such as orange, mango, or cranberry.) Give a sip of pure juice, then the vitamin/juice mixture, then pure juice.
- High-dose vitamins/mineral/micronutrient supplements have a strong taste, but in a published study of a similar vitamins/mineral/micronutrient supplement, over 95% of the children and adults were able to take the supplement successfully.



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Essentials Plus Powder Dosage Chart - 3X DAILY	Days 1-7	Days 8-14	Days 15-21	Days 22-28	Days 29+
Bodyweight 20-45 Lbs.	Scoop				
Breakfast	½	½	½	½	½
Lunch					½
Dinner			½	½	½
Bodyweight 46-75 Lbs.	Scoop				
Breakfast	½	½	½	1	1
Lunch			½	½	½
Dinner		½	½	½	1
Bodyweight 76-105 Lbs.	Scoop				
Breakfast	½	½	¾	1	1¼
Lunch		½	¾	1	1¼
Dinner	½	½	¾	1	1¼
Bodyweight 106+ Lbs.	Scoop				
Breakfast	½	¾	1	1¼	1¾
Lunch	½	¾	1	1¼	1¾
Dinner	½	¾	1	1¼	1¾

Essentials Plus Powder Dosage Chart - 2X DAILY	Days 1-7	Days 8-14	Days 15-21	Days 22-28	Days 29+
Bodyweight 20-45 Lbs.	Scoop				
Breakfast	½	½	½	½	¾
Dinner			½	½	¾
Bodyweight 46-75 Lbs.	Scoop				
Breakfast	½	½	¾	1	1¼
Dinner		½	¾	1	1¼
Bodyweight 76-105 Lbs.	Scoop				
Breakfast	½	¾	1	1½	2
Dinner	½	¾	1	1½	2
Bodyweight 106+ Lbs.	Scoop				
Breakfast	¾	1	1½	2	2½
Dinner	¾	1	1½	2	2½