

# ESSENTIAL VITAMINS PLUS (EVP)

## THE NEW STANDARD IN MULTIVITAMINS DELIVERS OPTIMAL LEVELS OF NUTRIENTS

Advanced, scientifically balanced multivitamin/mineral support to ensure the body gets daily nutrient requirements to perform at its best. EVP's vitamins/minerals are balanced in the right amounts for exactly what the body requires, in the right forms; minerals are chelated for maximum absorption; nutritional enzymes are included for digestion/nutrient assimilation; and a green whole-food base provides antioxidants, EFAs, chlorophyll & amino acids in an absorbable soft tablet.

### THE ENEREX ADVANTAGE

- > An advanced formulation founded in a major clinical study called S•O•N•A\*, which is based on human metabolism and uses scientifically balanced proportions of essential vitamins and trace minerals
- > Chelation: minerals combined with amino acids in chelation process that mimics the form minerals are found in food; more efficiently absorbed from digestive tract than regular inorganic mineral form
- > Unique whole foods: certified organic Alfalfa Leaf powder & Green Barley Juice powder & Spirulina, providing increased nutrients in the form Nature intended
- > EVP's formulation is rich in trace minerals such as: Chromium, Selenium, Vanadium, and Molybdenum
- > EVP contains essential B-complex vitamins and powerful antioxidants
- > Designed to be taken in divided amounts throughout the day for optimum long lasting benefits Chelation process delivers innovative soft tablet: increases ability to absorb & use nutrients
- > Free of gluten, dairy, yeast, soy, fillers, solvents, high-temperature processing
- > Only vitamin on the market that includes digestive enzymes such as protease, lipase, amylase and cellulase

## EACH SOFT TABLET CONTAINS:

### Medicinal Ingredients:

#### Vitamins:

Beta Carotene 5000 IU	3.125 mg	Niacin (Vitamin B3) Nicotinic Acid	10 mg
Vitamin A 1000 IU	0.3 mg	Pantothenic Acid (Vitamin B5) Ca-d-Pantothenate	7 mg
Vitamin D3 133 IU	3.3 mcg	Vitamin B6 (Pyridoxine HCl)	3.33 mg
Vitamin E (d-Alpha Tocopherol Acetate) 33.3 IU	24.485 mg	Biotin (Vitamin B7)	.50 mcg
Vitamin C (Ascorbic Acid)	133 mg	Folate (Vitamin B9) Folic Acid	0.27 mg
Thiamine (Vitamin B1) Hydrochloride	.3 mg	Vitamin B12 (Cyanocobalamin)	.1 mcg
Riboflavin (Vitamin B2)	.1 mg		

#### Minerals:

Calcium (HVP Chelate*)	100 mg	Iodine (Potassium Iodide)	0.05 mg
Magnesium (HVP Chelate*)	100 mg	Chromium (HVP Chelate*)	66.7 mcg
Iron (HVP Chelate*)	.6 mg	Selenium (HVP Chelate*)	66.7 mcg
Zinc (HVP Chelate*)	.5 mg	Vanadium (HVP Chelate*)	.25 mcg
Manganese (HVP Chelate*)	1.67 mg	Molybdenum (HVP Chelate*)	16.7 mcg
Copper (HVP Chelate*)	.1 mg		

#### Enzymes:

Protease ( <i>A.oryzae</i> *) 333 HUT	0.666 mg	Amylase ( <i>A.oryzae</i> *) 333 DU	3.33 mg
Lipase ( <i>R.oryzae</i> *) 333 LU	4.1625 mg	Cellulase ( <i>T.longibrachiatum</i> *) 33.3 CU	2.22 mg

#### Additional Ingredients:

Bamboo Extract (35 mg Silica) <i>Bambusa vulgaris</i> stems	50 mg
PABA (Para-Aminobenzoic Acid)	7 mg
Choline (bitartrate)	7 mg
Inositol	7 mg

#### Gluten Free Raw Superfoods:

Organic Alfalfa ( <i>Medicago sativa</i> ) Leaf	150 mg
Organic Green Barley Juice Powder ( <i>Hordeum vulgare</i> ) Grass	75 mg
Spirulina Blue-Green Algae ( <i>Spirulina platensis</i> )	75 mg

There are no other ingredients in this formula.

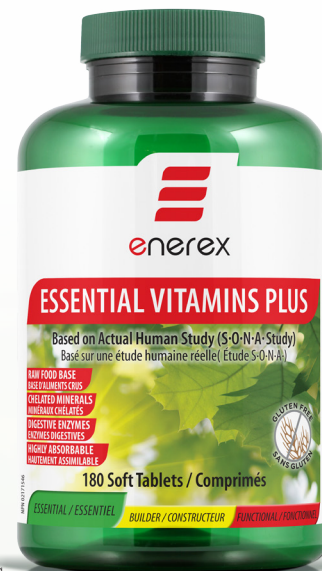
\*Hydrolyzed Vegetable (rice) Protein (amino acid bonded minerals)

\*\*\*Certified Organic by QAI (Quality Assurance International)

\*S•O•N•A = Suggested Optimal Nutrient Allowance

3rd party tested to verify gluten-free (below 20 parts per million)

**Directions:** ADULTS, take 1 tablet 3 times daily with meals or as directed by a healthcare practitioner.



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# ESSENTIAL VITAMINS PLUS

## FUNCTIONAL POINTS:

- > **Calcium & Magnesium in ideal 1:1 ratio** – components of bone/teeth metabolism, energy production, muscle contraction, nerve function, acid-alkali balance
- > **Zinc:** cellular nucleic acid metabolism (DNA, RNA), taste/smell, sexual processes, injury healing
- > **Copper:** transporting iron into red blood hemoglobin is copper-dependent (& must be present with zinc).
- > **Iron:** Advanced research shows iron supplementation not related to coronary heart disease; iron absorption governed by individual body needs
- > **Silicon:** Bamboo Silica (70% organic silicon) for skin, hair, nails, ligaments, tendons, bone, cardiovascular system, enhances the function of minerals
- > **Selenium:** anti-aging factors that protect cells from oxidative/free radical damage; component of glutathione peroxidase (protective antioxidant enzyme)
- > **Vanadium:** growth, iron & fat metabolism, reproduction and bone development; stimulates glucose to create energy
- > **Molybdenum:** co-factor for vital enzymes responsible for energy production & creating/metabolizing fatty acids, removes waste (forms uric acid)
- > **Manganese:** aids bone structure, bone metabolism, bone-building enzymes; co-enzyme for metabolism, prevents inflammatory illnesses
- > **Chromium:** glucose tolerance factor (glucose metabolism), helps make protein
- > **Beta Carotene:** precursor of vitamin A converted into retinol; for skin, mucus membranes, immune system, eyes
- > **Vitamin A:** key antioxidant, required for cell health, sensory function, bone development, immune response
- > **Vitamin B Complex:** interdependent = should be taken together; critical in energy production, central nervous system, hormonal system, needs increase during stress, weight loss, aging
- > **Vitamin C:** key antioxidant neutralizes free radicals, immune builder, adrenal gland function, needs increase during stress, intense exercise, illness
- > **Vitamin D3:** “membrane antioxidant”, cancer prevention, bone strength, aids cell communication, regulates calcium/phosphorus, maintain nervous system and heart.
- > **Vitamin E:** key antioxidant, aids digestion, cardiovascular health, fat metabolism, respiratory & nervous systems, protects EFAs from oxidation
- > **Digestive enzymes:** Better digestion allows optimal amounts of supplement to be used; Lipase & Cellulase improve passage of nutrients across intestinal wall into bloodstream, increasing absorption & intestinal health
- > **Organic Alfalfa Juice Powder:** diuretic (kidney, bladder, prostate), aids digestion; chlorophyll, high vitamins K, beta carotene, D, E, B6
- > **Organic Barley Juice Powder:** Contains 1,000 types enzymes, antioxidants, vitamin C, potassium, calcium, iron, magnesium
- > **Spirulina:** One of most nutritious foods, 65% digestible protein, chlorophyll (blood cleanser/builder, oxygen booster), B vitamins, beta carotene, omega-6

**Essential Vitamins Plus (EVP)** vitamin levels are based on the Suggested Optimal Nutrient Allowances (SONA) proposed to the US Senate. Levels of nutrients found in a \$2 million 15-year study of 13,500 Americans were conducted by senior investigators at University of Alabama Medical School. Results (contained in 49,000 pages published in 100 papers 30 years ago, but unused by the supplement industry) examined the relationship between nutrients consumed daily & optimum health: amounts of vitamins & minerals actually required daily by the body were determined (measured from healthy individuals with the least signs of illness or degeneration & nutrients they consumed daily in certain amounts). SONA is not the same as RDA. Recommended Dietary Allowance (RDA) is the minimum amount required to prevent deficiency symptoms in healthy adults, but is inadequate for optimum health, especially during stress, growth, pregnancy,

lactation, strenuous activity, injury/illness healing & advancing age. Study: 50% of US population falls below RDA for vital nutrients – Vitamins B6 & A, Zinc, Magnesium & Calcium.

**Soft tablet form? EVP** is offered in tablet form rather than capsules. Tablets can be made more stable, not affected by heat & moisture that can cause capsules to leak & affect the formula. Tablet manufacturing using state-of-the-art high density chilsonation does not use heat (that can destroy enzymes & some vitamins): raw materials are placed into the chilsonator & emerge as pellets; pellets are milled into a dense powder, allowing potent, smaller, easier-to-swallow “soft” tablets that enable better dispersion of nutrients in the body. This forgoes alcohol solvents & destructive high temperature drying used for most tablets.

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