

# Life Essentials®

**IDEALLY FORMULATED FOR BASIC NUTRITION\***



## Positioning Statement

Life Essentials® supports health and vitality with key antioxidants and 24 vitamins and minerals. Taken twice daily, Life Essentials® is a good choice for basic dietary supplementation to promote normal health and well-being\*

## Concept

Nutrition surveys consistently show that inadequate intakes of essential vitamins and minerals are common in the U.S. and other industrialized countries. The Continuing Survey of Food Intakes by Individuals (CSFII), conducted by the US Department of Agriculture (USDA), showed that most people do not meet the Recommended Dietary Allowances (RDAs) for many essential vitamins and minerals.

Life Essentials® is a well balanced, high-quality dietary supplement designed to help meet the Reference Daily Intakes (RDI) determined by the Food and Drug Administration (FDA). Life Essentials® capsules provide excellent sources of 21 essential vitamins and minerals and are high in the antioxidant nutrients.

## Primary Benefits

- Contains the antioxidants beta-carotene, vitamin C, and vitamin E, which help neutralize free radicals in the body\*
- Offers an excellent source of chromium, a mineral that works with insulin in the metabolism of glucose for energy production\*
- Provides an excellent source of 12 essential vitamins, which are vital dietary components for normal function, growth and maintenance of body tissues\*
- Contains a natural source of beta-carotene from *Dunaliella salina* with mixed carotenoids for more bioavailability\*
- Contains a natural source of vitamin E with mixed tocopherols, clinically proven to be more absorbable and more effective as an antioxidant\*

## What Makes This Product Unique?

- Provides a balanced set of key ingredients for maximum benefit and absorption\*
- Provides chelated minerals to enhance absorption\*
- Contains no preservatives, artificial colors, or flavors

## Who Should Use This Product?

Anyone concerned with meeting their basic supplementation needs for vitamins and minerals. Life Essentials® can be taken by anyone who is at least 12 years of age or weighs 100 lbs (45 kg) or more.

## Did You Know?

- Almost 80% of females do not get the recommended daily amount of calcium
- The DNA in each cell of your body receives 70,000 free radical hits per day
- Vitamin C must be present in order for iron to be absorbed in the body

## Frequently Asked Questions

*Why is it important to take a multivitamin while trying to lose weight?*

Nutrition experts recognize that it's often difficult to create and choose weight loss diets that include the required nutrients at recommended intake levels. The use of a vitamin and mineral fortified supplement is part of a healthy plan for anybody trying to lose weight. Fortunately, Life Essentials® provides a high quality vitamin and mineral supplement to help address the additional oxidative stress and nutritional needs that are associated with losing weight. Life Essentials® is an essential companion for any weight management program\*

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## Is folic acid only necessary for pregnant women?

When taken during the weeks before conception and also during the first two months of pregnancy, folic acid can help promote the healthy development of the baby's brain and spinal cord. While the causes are multifactorial, healthful diets with adequate folic acid may reduce a woman's risk of having a child with a brain or spinal cord defect. Daily intakes of up to 1,000 mcg a day of folic acid have demonstrated no adverse effects. But folic acid is an important supplement for everyone because it assists in normal homocysteine metabolism\*.

## Is natural vitamin E better than synthetic?

Natural vitamin E (d-alpha-tocopherol) has about twice the biological activity of commonly used synthetic vitamin E (dl-alpha-tocopherol). Life Essentials® also provides mixed natural tocopherols (alpha, beta, gamma, and delta tocopherols), which further enhance the antioxidant protection provided by vitamin E\*.

## What is the difference between LifePak® and Life Essentials®?

Life Essentials® provides basic adult supplementation to support normal health and well being. It offers a broad spectrum of essential basic nutrients and is also suitable for adolescents. LifePak® is comprehensive supplementation for adults over the age of 18 that includes a full-spectrum of phytonutrient carotenoids and flavonoids. To gain additional antioxidant benefits, it is ideal for adults to combine Life Essentials® with other antioxidants, such as Tēgreen 97\*\*.

## Key Scientific Studies

1. Fairfield KM, Fletcher RH. Vitamins for chronic disease prevention in adults: scientific review. J Am Med Assoc, 2002 Jun 19; 287(23):3116–3126.
2. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. J Am Med Assoc, 2002 Jun 19; 287(23):3127–9.
3. McKay DL, et al. The effects of a multivitamin/mineral supplement on micronutrient status, antioxidant capacity and cytokine production in healthy older adults consuming a fortified diet. J Am Coll Nutr, 2000 Oct; 19(5):613–21.

## Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Vitamin A (as Vitamin A Palmitate, 29% as Beta Carotene from Dunaliella Salina)	3,500 IU	70%
Vitamin C (as Ascorbic Acid, Acerola Cherry Extract)	70 mg	117%
Vitamin D <sub>3</sub> (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl Succinate, Beta, Gamma, Delta Tocopherols)	30 IU	100%
Thiamin (as Thiamine Mononitrate)	0.75 mg	50%
Riboflavin (as Riboflavin)	0.85 mg	50%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine Hydrochloride, Pyridoxal-5-Phosphate)	1 mg	50%
Folate (as Folic Acid)	200 mcg	50%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	3 mcg	50%
Biotin (as Biotin)	75 mcg	25%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	50%
Calcium (as Calcium Carbonate, Calcium Chelate)	100 mg	10%
Iron (as Iron Chelate)	1.5 mg	8%
Iodine (as Potassium Iodide)	37.5 mcg	25%
Magnesium (as Magnesium Chelate, Magnesium Citrate, Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Chelate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	17.5 mcg	25%
Copper (as Copper Chelate)	1 mg	50%
Manganese (as Manganese Chelate)	1.75 mg	88%
Chromium (as Chromium Chelate)	60 mcg	50%
Molybdenum (as Molybdenum Chelate)	37.5 mcg	50%
Potassium (as Potassium Chloride)	40 mg	1%
Horsetail Extract	75 mg	*
Boron (as Boron Citrate)	0.5 mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Magnesium Stearate, Maltodextrin, Sodium Carboxymethylcellulose.

## Directions for Use

Take one (1) capsule with eight (8) ounces of liquid with your morning and evening meals.

## Warnings

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

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

