

# Essentials

## MultiVitamin & Mineral / No Iron

### DESCRIPTION

Essentials MultiVitamin & Mineral / No Iron is a comprehensive high-potency multivitamin/mineral formula that provides high levels of most essential nutrients including the B-complex vitamins as well as vitamins A, C, D and E. This formula includes patented and trademarked ingredients, all of which are backed by scientific studies demonstrating their efficacy and safety.

### FUNCTIONS

Oftentimes it is difficult to meet the recommended daily requirements for all essential nutrients. Taking a comprehensive multivitamin/mineral formula daily is one way to ensure you receive all the essential vitamins and minerals that are critical for maintaining health and wellness. Essentials MultiVitamin & Mineral / No Iron provides high potencies of B-complex vitamins to support energy production, metabolism of carbohydrates, fats and proteins, as well as the production of healthy new cells, hormones and other important biochemicals. B-complex vitamins are essential for the health of the cardiovascular and nervous systems, and serve as cofactors for antioxidant production and cell signaling processes. High potencies of the fat-soluble vitamins A, D and E support immune health, skin and bone health, and provide antioxidant protection. In addition, Essentials MultiVitamin & Mineral / No Iron utilizes chelated minerals, which have greater absorption and bioavailability than non-chelated minerals.

### INDICATIONS

Essentials MultiVitamin & Mineral / No Iron may be a useful dietary supplement for those who want to fortify their diet with the essential vitamins and minerals and ensure optimal levels of these nutrients.

### SUGGESTED USE

As a dietary supplement, adults take 1 tablet daily with food, or as directed by a healthcare professional.

### STORAGE

Store in a cool, dry place away from direct light. Keep out of reach of children.

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.

### FORMULA (WW #10054)

#### 1 Vegetarian Tablet Contain:

|                                        |           |
|----------------------------------------|-----------|
| Vitamin A (as beta carotene).....      | 10,000 IU |
| Vitamin C (as ascorbic acid).....      | 250 mg    |
| Vitamin D (as cholecalciferol).....    | 400 IU    |
| Vitamin E (as d-alpha).....            | 150 IU    |
| Vitamin B-1.....                       | 75 mg     |
| Vitamin B-2 (as riboflavin).....       | 75 mg     |
| Niacin (as niacinamide).....           | 75 mg     |
| Vitamin B-6.....                       | 75 mg     |
| Folic acid.....                        | 400 mcg   |
| Vitamin B-12.....                      | 75 mcg    |
| Biotin.....                            | 75 mcg    |
| Pantothenic acid.....                  | 75 mg     |
| Calcium (as amino acid chelate).....   | 50 mg     |
| Iodine (from kelp).....                | 150 mcg   |
| Magnesium (as amino acid chelate)..... | 7.2 mg    |
| Zinc (as methionine).....              | 10 mg     |
| Selenium (as L-selenomethionine).....  | 35 mcg    |
| Copper.....                            | 1 mg      |
| Manganese (as amino acid chelate)..... | 6.1 mg    |
| Chromium (as polynicotinate).....      | 100 mcg   |
| Molybdenum.....                        | 50 mcg    |
| Potassium (as amino acid chelate)..... | 10 mg     |
| Choline (as bitartrate).....           | 30 mg     |
| Inositol.....                          | 75 mg     |
| Para amino benzoic acid.....           | 75 mg     |
| Citrus bioflavonoids.....              | 25 mg     |
| Hesperidin complex.....                | 5 mg      |
| Betaine hydrochloride.....             | 25 mg     |
| Glutamic acid.....                     | 25 mg     |
| Rutin.....                             | 25 mg     |

Other Ingredients: Rice bran, alfalfa, parsley, watercress, natural vanilla, magnesium stearate, cellulose, modified cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica and food glaze. Contains soy.

This product contains NO added sugar, salt, dairy, wheat, gluten, yeast, corn, preservatives, artificial colors or flavors.

### SIDE EFFECTS

No adverse effects have been reported.

### REFERENCES

- Groff, J and S. Gropper. Advanced Nutrition and Human Metabolism, 3rd Ed. Belmont, CA: Wadsworth; 2006.
- Traber MG. Vitamin E. In: Shils ME, Shike M, Ross AC, Caballero B, Cousins R, eds. Modern Nutrition in Health and Disease. 10th ed. Baltimore, MD: Lippincott Williams & Wilkins, 2006;396-411.

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