

# DAILY ESSENTIALS

## For Women



Life's Medicine

**Serving Size:** 1 packet  
**Servings Per Container:** 60

**Daily Essentials for Women** is a powerful combination of four foundation nutritional formulas provided in convenient packets. This formula does not contain copper making it the perfect foundation nutrition supplement for women.\*

#### This Formula Provides Support for:

- Optimal Female Wellness\*
- Enhanced Bone Health With Added MCHC and Calcium\*
- Cardiovascular Health\*
- Detoxification Support\*
- Poor Dietary Intake\*

#### Each Packet Contains:

**2 - MultiVitamin for Women** provides high quality comprehensive vitamins, minerals, amino acids and herbals, specifically designed to address the unique nutritional requirements of women.\* MultiVitamin for Women features patented Albion TRAACS® amino acid chelates for optimal mineral absorption and is provided in hypoallergenic vegetable capsules.

**1 - OsteoPro** provides the optimal bone health support of MCHC (Microcrystalline Hydroxyapatite Concentrate) from New Zealand cattle. The MCHC in OsteoMedica® contains crystalline compounds of calcium, phosphorus, organic factors, collagen (type 1) and naturally occurring bone growth factors.\* Additionally, OsteoPro provides added magnesium and vitamin D3.

**1 - Omega 600** provides 600 mg of ultra-pure, molecularly distilled, natural marine lipid concentrate sourced from fish caught in cold, deep sea waters and is USP (United States Pharmacopeia) verified.

**1 - CoQ10-100** is a patent pending, crystal-free CoQ10 that offers the highest absorption and bioavailability.\* CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way. CoQ10 is a vital part of a high quality foundation nutrition regime, as an extremely powerful antioxidant.\*

#### One Packet Contains:

Vitamin A (75% [3,750 IU] natural mixed carotenoids, ..... 5,000 IU 25% [1,250 IU] retinyl palmitate)	
Vitamin C (as magnesium ascorbate, zinc ascorbate, ..... 125 mg potassium ascorbate, calcium ascorbate)	
Vitamin D-3 (as cholecalciferol)..... 300 IU	
Vitamin E (as d-alpha tocopherol succinate)..... 80 IU	
Thiamin (as thiamin mononitrate)..... 10 mg	
Riboflavin (as riboflavin-5'-phosphate, riboflavin)..... 10 mg	
Niacin (as niacin and niacinamide)..... 30 mg	
Vitamin B-6 (as pyridoxal-5'-phosphate)..... 10 mg	
Folate (as folic acid)..... 400 mcg	
Vitamin B-12 (as methylcobalamin)..... 300 mcg	
Biotin..... 500 mcg	
Pantothenic Acid (as d-calcium pantothenate)..... 100 mg	
Calcium (TRAACS® calcium glycinate chelate, DimaCal®..... 250 mg di-calcium malate, calcium ascorbate)	
Iron (Ferrochel® ferrous bisglycinate chelate)..... 2 mg	
Phosphorus (as pyridoxal-5'-phosphate/riboflavin-5'-phosphate)..... 51 mg	
Iodine (as potassium iodide)..... 75 mcg	

Magnesium (TRAACS® magnesium glycinate chelate buffered, ..... 125 mg di-magnesium malate, magnesium ascorbate)	
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)..... 7 mg	
Selenium (as selenium chelate)..... 50 mcg	
Manganese (TRAACS® manganese glycinate chelate)..... 250 mcg	
Chromium (TRAACS® chromium nicotinate glycinate chelate)..... 250 mcg	
Molybdenum (TRAACS® molybdenum glycinate chelate)..... 25 mcg	
Potassium (potassium citrate, potassium ascorbate)..... 49 mg	
MCHC (Microcrystalline Hydroxyapatite Concentrate)..... 565 mg	
Choline (as choline bitartrate)..... 30 mg	
Inositol..... 30 mg	
N-Acetyl L-Carnitine HCl..... 25 mg	
N-Acetyl Cysteine (NAC)..... 25 mg	
L-Taurine..... 15 mg	
Ginseng Root (Panax ginseng)..... 12 mg	
Red Clover Flower..... 12 mg	
Cranberry Fruit..... 12 mg	
PABA (Para Amino Benzoic Acid)..... 10 mg	
L-Lysine (HCl)..... 10 mg	
Rutin..... 8 mg	
Chamomile Flower..... 7 mg	
Chaste Berry 4:1 Extract..... 7 mg	
Hesperidin..... 7 mg	
Wild Yam Root (Dioscorea mexicana)..... 7 mg	
Quercetin..... 6 mg	
R-Alpha Lipoic Acid..... 5 mg	
Lutein..... 37 mcg	
Natural Marine Lipid Concentrate..... 1.2 g	
EPA (eicosapentaenoic acid)..... 318-360 mg	
DHA (docosahexaenoic acid)..... 204-240 mg	
Coenzyme Q10 (ubiquinone)..... 100 mg	
Mixed Tocopherols..... 15 mg	

**Other Ingredients for MultiVitamin for Women:** HPMC (vegetable capsule), rice flour and silica. **Omega 600:** Gelatin, glycerin, food glaze, enteric coating, mixed tocopherols, sodium alginate, acetylated monoglycerides, Polysorbate 80, sorbic acid. **CoQ10-100:** Miglyol, natural food grade citrus oil, glycerin, purified water, red radish powder, carob extract concentrate, caramel liquid. **OsteoPro:** HPMC (vegetable capsule) and vegetable stearate.

**Albion, TRAACS, DimaCal** and the **Albion Medallion** are registered trademarks of Albion International, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

**Free of:** Milk, eggs, shellfish, tree nuts, peanuts, wheat.

**Does not contain artificial colors or sweeteners.**

**Directions:** Take one packet 1-2 times daily or as directed by your healthcare practitioner.

