



# Everyday Essentials Active

Comprehensive Formula for an Active Lifestyle\*

## Everyday Essentials Active Supplementation

Everyday Essentials Active provides comprehensive nutritional support for active individuals to help maintain healthy joints and mobility.\* Each bottle of Everyday Essentials Active contains 30 packets of high-quality, broad-coverage supplements, including Essential Multi, Omega Pure EPA-DHA 600+ (both reformulated using the clinically superior vitamin E isomer DeltaGold®), Chondro-Relief® Plus, and Herbal Eze. This comprehensive formula features bioavailable, patented ingredients essential for supporting healthy joints and mobility.\*

Everyday Essentials Active is formulated to support the unique nutritional requirements of active lifestyles.\* Clinical research has demonstrated the efficacy of Everyday Essentials Active to:

- Support healthy immune function and overall well-being\*
- Promote healthy oxidative stress response\*
- Promote energy production and vitality\*
- Support cardiovascular function\*
- Support musculoskeletal health\*
- Support joint, cartilage, tendon, and ligament health and function\*

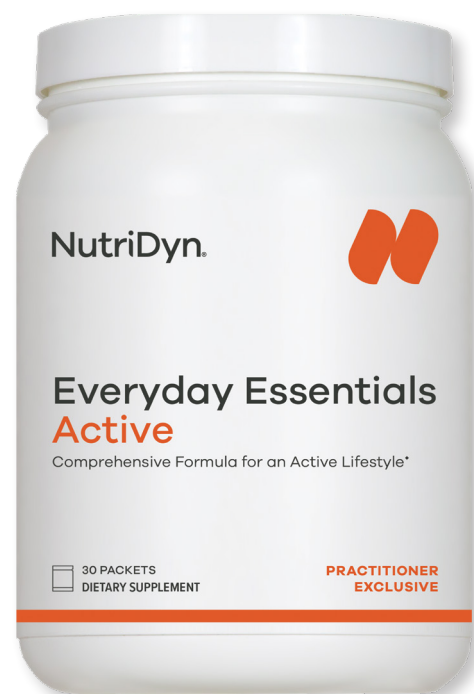
## How Everyday Essentials Active Works

Essential Multi provides essential vitamins and minerals along with a proprietary phytonutrient blend for supporting healthy immune function and healthy oxidative stress response.\*<sup>1-3</sup> Potent antioxidants and carotenoids support energy production, vitality, and cardiovascular health.\*<sup>4-6</sup> Essential Multi has been reformulated to incorporate DeltaGold®, a more potent and powerful alternative to the typical vitamin E ingredient.<sup>7</sup>

Omega Pure EPA-DHA 600+ provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids imperative for healthy cardiovascular and immune systems while also supporting musculoskeletal and joint health.\*<sup>8-10</sup> Omega Pure EPA-DHA 600+ has been reformulated to incorporate DeltaGold®, a superior, high-potency alternative to conventional vitamin E.<sup>7</sup>

Chondro-Relief® Plus supports healthy joint function by promoting cartilage health.\* Research suggests that supplemental methylsulfonylmethane (MSM), glucosamine, and chondroitin can benefit cartilage health and function and mediate oxidative stress in joints.\*<sup>11,12</sup> Chondro-Relief® Plus also contains vitamin C and manganese to support joint health and function.\*<sup>13,14</sup>

Herbal Eze is a dietary supplement formulated with patented extracts of ginger, turmeric, boswellia, and black pepper to promote healthy immune function and oxidative stress response while supporting joint health.\*<sup>15-18</sup>



## Why Use Everyday Essentials Active?

Research cited herein suggests that supplementation with Everyday Essentials Active may help active individuals maintain healthy joints and mobility.\*

# Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	20	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%*
Vitamin A (50% as beta-carotene and as retinyl acetate)	2,000 mcg RAE	222%
Vitamin C (as ascorbic acid, ascorbyl palmitate, and manganese ascorbate)	155 mg	172%
Vitamin D3 (as cholecalciferol)	17 mcg	85%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamin (as thiamin mononitrate)	17 mg	1,417%
Riboflavin	10 mg	769%
Niacin (as niacinamide and niacin)	33 mg NE	206%
Vitamin B6 (as pyridoxine HCl)	16.67 mg	981%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	533 mcg DFE	133%
Vitamin B12 (as methylcobalamin)	133 mcg	5,542%
Biotin	333 mcg	1,110%
Pantothenic Acid (as calcium-D-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	16.67 mg	3%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	27 mg	6%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenium aspartate)	67 mcg	122%
Copper (as cupric citrate)	0.7 mg	78%
Manganese (as manganese ascorbate and manganese citrate)	15.3 mg	665%
Chromium (as chromium polynicotinate)	133 mcg	380%
Molybdenum (as molybdenum aspartate)	33 mcg	73%
Total Omega-3 Fatty Acids	2 g	**
EPA (Eicosapentaenoic acid)	800 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
Additional Omega-3 Fatty Acids	100 mg	**
MSM (methylsulfonylmethane)	1 g	**
Glucosamine HCl	500 mg	**
Ginger Extract (root/rhizome; <i>Zingiber officinale</i> ; standardized to 5% gingerols and shogaols)	300 mg	**
Chondroitin Sulfate Sodium	400 mg	**
Turmeric Extract (root; <i>Curcuma longa</i> ; standardized to 95% curcuminoids) (Curcumin C3 Complex®)	166.67 mg	**
Boswellia Extract [gum; <i>Boswellia serrata</i> ; standardized to 28.5% acetyl-11-keto-beta-boswellic acid (AKBA)]	83.33 mg	**

	Amount Per Serving	%DV*
Vitamin E Isomers (from annatto seed; <i>Bixa orellana</i> ; delta tocotrienols and gamma tocotrienols) (DeltaGold®)	30 mg	**
Inositol	16.67 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i> )	6.67 mg	**
Lycopene	4 mg	**
Lutein	4 mg	**
Black Pepper Extract (fruit; <i>Piper nigrum</i> L; standardized to 95% piperine) (BioPerine®)	1.77 mg	**
Zeaxanthin	1.3 mg	**
Proprietary Phytonutrient Blend	267 mg	**
Artichoke Extract (leaf; <i>Cynara scolymus</i> ; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; <i>Momordica charantia</i> ), Blueberry Extract (fruit; <i>Vaccinium spp.</i> ; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; <i>Cinnamomum cassia</i> ), Citrus Extract (fruit; <i>Citrus aurantium</i> ; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; <i>Vitis vinifera</i> ; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; <i>Coffea arabica</i> ; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; <i>Camellia sinensis</i> ; standardized to 98% polyphenols, 75% catechins, 45% EGCG), Heartwood Extract (wood/bark; <i>Acacia catechu</i> ; standardized to 6% catechins), Prune Extract (fruit; <i>Prunus domestica</i> ; standardized to 50% polyphenols), Pomegranate Extract (fruit; <i>Punica granatum</i> ; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; <i>Rosmarinus officinalis</i> ; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; <i>Nasturtium officinale</i> ).		

**Other Ingredients: Essential Multi:** Microcrystalline cellulose, hypromellose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. **Omega Pure EPA-DHA 600+:** Gelatin, glycerin, water, natural flavor, natural mixed tocopherols. **Chondro-Relief® Plus:** Gelatin, microcrystalline cellulose, vegetable magnesium stearate, silica. **Herbal Eze:** Hypromellose, vegetable magnesium stearate, silica.

**Contains: Fish (anchovy, sardine, mackerel), and Crustacean Shellfish (crab and shrimp).**

BioFolate® is a federally registered trademark of MTC Industries, Inc. BioPerine® and Curcumin C3 Complex® are registered trademarks of Sabinsa Corporation. DeltaGold® is a registered trademark of American River Nutrition, LLC, and protected by US Patent No. 8,586,109.

**Directions:** Take one packet daily or as directed by your healthcare practitioner.

**Warning:** Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day. Contains fish oil and crustacean shellfish. Do not use if allergic to fish, fish oil, or shellfish.

**Caution:** If you are pregnant, nursing, or taking nutritional supplements or medications, consult your healthcare practitioner before use. Keep out of reach of children.

## References:

- Craig WJ. *Am J Clin Nutr.* 1999;70(suppl):491-499.
- Ward E. *J Nutr.* 2014;3(72).
- Gupta C, Prakash D. *J Complement Integ Med.* 2014;11(3).
- Maria AG, Graziano R, Nicolantonio D. *Food Nutr Res.* 2015;59(1).
- Willcox BJ, Curb JD, Rodriguez BL. *Am J Cardiol.* 2008;101(10):S75-S86.
- Voutilainen S, Nurmi T, Mursu J, Rissanen TH. *Am J Clin Nutr.* 82006;3(6):1265-1271.
- Ahsan H, Ahad A, Iqbal J, Siddiqui WA. *Nutr Metab (Lond).* 2014;11(1):52.
- Kelley DS, Siegel D, Fedor DM, et al. *J Nutr.* 2009;139(3):495-501.
- Ebrahimi M, Ghayour-Mobarhan M, Rezaiean S, et al. *Acta Cardiologica.* 2009;64(3):321-327.
- Kremer JM, Lawrence DA, Petrillo GF, et al. *A & R.* 1995;38(8):1107-1114.
- Vangness CT, Spiker W, Erickson J. *Arthroscopy.* 2009;25(1):86-94.
- Huskisson EC. *J Int Med Res.* 2008;36(6).
- Pirotta M. *Australian Family Physician.* 2010;9:638-640.
- Cerhan JR, Saag KG, Merlino LA, et al. *Am J Epidemiol.* 2003;157(4):345-354.
- Pham-Huy LA, He H, Pham-Huy C. *Int J Biomed Sci.* 2008;4(2):89-96.
- Ramadan G, El-Menshawey O. *Int J Rheum Dis.* 2013;16(2).
- Siddiqui MZ. *Indian J Pharm Sci.* 2011;73(3):255-261.
- Jeena K, Liju VB, Umadevi NP, Kuttan R. *J Essent Oil-Bear Plants.* 2014;17(1), 1-2.

\* 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.

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)