



Everyday Essentials Foundation

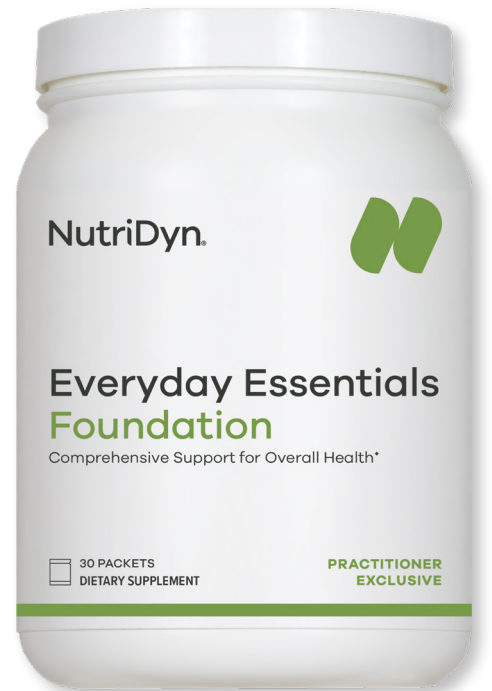
Comprehensive Support for Overall Health*

Everyday Essentials Foundation Supplementation

Everyday Essentials Foundation provides comprehensive nutritional support for overall health and well-being.* Each bottle contains 30 packets of high-quality broad-coverage supplements, including Essential Multi, Omega Pure EPA-DHA 600+, Bone Support Vegetarian, and D3 5000 with K2 for broad-spectrum health benefits.*

Clinical studies widely accept that a comprehensive nutritional supplement regimen may help support overall health and well-being.* Clinical research has demonstrated the efficacy of Everyday Essentials to:

- Support overall health and well-being*
- Support cognitive function and balanced moods*
- Promote energy production and vitality*
- Promote healthy gastrointestinal function*
- Promote joint and bone health*
- Promote cardiovascular health*
- Support healthy circulation, skin, and tissues*



How Everyday Essentials Foundation Works

Essential Multi, Omega Pure EPA-DHA 600+, Bone Support Vegetarian, and D3 5000 with K2 are included in the Everyday Essentials Foundation daily supplementation packet. Each product contains a comprehensive formula featuring bioavailable, patented ingredients essential to optimal health, longevity, and immune function.*

Essential Multi contains vitamins, minerals, and a proprietary phytonutrient blend with specific biological and pharmacological roles in promoting healthy immune function and supporting healthy oxidative stress response.*^{1,2,3}

Omega Pure EPA-DHA 600+ is a highly absorbable form of the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which help support cardiovascular function, joint health, immunity, and balanced moods.*^{4,5,6,7}

Bone Support Vegetarian combines three minerals known to work synergistically for better absorption and bioavailability to promote heart and bone health.*^{8,9,10}

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How Everyday Essentials Foundation Works Continued

D3 5000 with K2 is a highly bioavailable form of vitamin D3 as cholecalciferol and vitamin K2 as patented MenaQ7®. Vitamin D3 and vitamin K2 are essential micronutrients with ubiquitous roles throughout the body, such as supporting stress levels, bone health, skin health, heart health, and immune function.♦^{11, 12, 13}

Why Use Everyday Essentials Foundation?

Research cited herein suggests supplementation with Everyday Essentials Foundation may help support overall health and well-being.♦

Supplement Facts

Serving Size: 1 Packet

Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	18	
Calories from Fat	18	
Total Fat	2 g	3%*
Polyunsaturated Fat	2 g	
Vitamin A (50% as beta-carotene and as retinyl acetate)	2,000 mcg RAE	222%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	80 mg	89%
Vitamin D3 (as cholecalciferol)	142 mcg (5,667 IU)	710%
Vitamin E (as d-alpha tocopheryl succinate)	52 mg	345%
Vitamin K1 (as phytonadione)	95 mcg	79%
Vitamin K2 [menaquinone-7 (MK-7)] (MenaQ7®)	60 mcg	50%
Thiamin (as thiamine mononitrate)	17 mg	1,417%
Riboflavin	10 mg	769%
Niacin (as niacin and niacinamide)	33 mg NE	206%
Vitamin B6 (as pyridoxine HCl)	17 mg	1,000%
Folate (as calcium l-5-methyltetrahydrofolate) (BioFolate®)	533 mcg DFE	133%
Vitamin B12 (as methylcobalamin)	133 mcg	5,541%
Biotin	333 mcg	1,111%
Pantothenic Acid (as calcium-d-pantothenate)	50 mg	1,000%
Calcium (as calcium citrate, calcium malate, calcium lysinate, and calcium aspartate)	120 mg	9%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate, magnesium malate, magnesium bisglycinate chelate, magnesium aspartate, and magnesium lysinate)	157 mg	37%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenium aspartate)	67 mcg	121%
Copper (as cupric citrate)	0.7 mg	78%
Manganese (as manganese citrate)	0.3 mg	13%
Chromium (as chromium polynicotinate)	133 mcg	381%
Molybdenum (as molybdenum aspartate)	33 mcg	74%
Potassium (as potassium citrate and potassium malate)	80 mg	2%
Choline (as choline bitartrate)	17 mg	3%
Total Fish Oil	2 g	**
EPA (Eicosapentaenoic acid)	800 mg	**
DHA (Docosahexaenoic acid)	400 mg	**

Amount Per Serving %DV*

Inositol	17 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i>)	6.6 mg	**
Lycopene	4 mg	**
Lutein	4 mg	**
Zeaxanthin	1.3 mg	**
Proprietary Phytonutrient Blend	267 mg	**

Artichoke Extract (leaf; *Cynara scolymus*; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; *Momordica charantia*), Blueberry Extract (fruit; *Vaccinium spp.*; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; *Cinnamomum cassia*), Citrus Extract (fruit; *Citrus aurantium*; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; *Coffea arabica*; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, 45% EGCG), Heartwood Extract (wood/bark; *Acacia catechu*; standardized to 6% catechins), Prune Extract (fruit; *Prunus domestica*; standardized to 50% polyphenols), Pomegranate Extract (fruit; *Punica granatum*; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; *Rosmarinus officinalis*; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; *Nasturtium officinale*).

Other Ingredients: Essential Multi: Microcrystalline cellulose, hypromellose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. Omega Pure EPA-DHA 600+: Norwegian fish oil, d-alpha tocopherol, natural citrus flavored gelatin (gelatin, glycerin, and water). Bone Support Vegetarian: Hypromellose, silicified microcrystalline cellulose, vegetable magnesium stearate. D3 5000 with K2: Gelatin, olive oil, glycerin, purified water, calcium carbonate, turmeric extract.

Contains: Fish (anchovy, sardine, mackerel).

MenaQ7® is a registered trademark of NattoPharma, Norway; Patented in the United States and Canada. (US Patent Numbers 8,728,553 & 8,354,129; Canada Patent Number 2,347,387).

BioFolate® is a federally registered trademark of MTC Industries, Inc.

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

Warnings: 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. Do not use if you are allergic to fish or fish oil. It is highly recommended that serum 25 (OH) and 1, 25 (OH) 2-vitamin D be monitored every 60-90 days while consuming this product to ensure that levels remain in an acceptable range. Vitamin K2 may counteract the effects of anticoagulation therapy and is not recommended for patients on blood-thinning medications. Keep out of reach of children.

Caution: If you are pregnant, nursing, or taking nutritional supplements or medications, consult your healthcare practitioner before use.

References:

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♦ 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.

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