

ONCE-DAILY NUTRITION

\$1.66
PER DAY
A GREAT VALUE AT

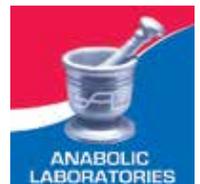


FOUR ESSENTIAL SUPPLEMENTS In 30 On-the-Go Packs



Each **ESSENTIAL NUTRITION PACK** contains:

- (1) Daily Multivitamin
- (2) Omega-3 Fish Oil
- (2) Vitamin D3
- (2) Magnesium Caps



The Supplement Protocol for the Nutritional Foundation*

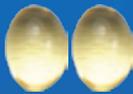
The Nutritional Foundation program is a health care professional's protocol for diet & supplementation. The Essential Nutrition Pack provides the four essential supplements conveniently & economically packaged for practical dispensing in the clinic.



4 ESSENTIAL SUPPLEMENTS



MULTIVITAMIN AND MINERALS – The modern diet is known to be deficient in numerous micronutrients. Supplementation with a multivitamin/mineral can help address many of these deficiencies. Low micronutrient intake may accelerate the aging process and promote the diseases of aging and other chronic diseases. Use of a multivitamin is thought by many authorities to be a wise preventive strategy in addition to a healthy diet. Iron should be taken only by those who have an iron deficiency.¹



VITAMIN D3 – We derive virtually no vitamin D from the diet, as we are supposed to get vitamin D from the sun. Most Americans are chronically deficient in vitamin D. Sunscreen with an SPF of 8 reduces vitamin D production by 95%. Deficiency in this essential vitamin promotes a chronic inflammatory state and has been associated with many negative issues related to bone, cardiovascular, mental and immune system health. Vitamin D deficiency is also strongly related to the expression of pain.²



EPA/DHA FROM FISH OIL – Supplementing with omega-3 fatty acids (EPA/DHA) addresses the deficiency of omega-3's in the modern diet and helps balance our ratio of omega-6 to omega-3 fatty acids. Adequate omega-3 intake helps to balance inflammatory activity and promote health. Adequate levels of omega-3 fatty acids help to promote joint and bone health, mental/emotional health, heart health, proper blood sugar regulation, nervous system health, and skin and eye health.³



MAGNESIUM – Magnesium is chronically deficient in the modern diet, which promotes a chronic inflammatory state. Magnesium plays a role in over 300 bodily enzymatic reactions, which is why magnesium deficiencies are associated with very diverse clinical manifestations, even sudden death. Magnesium is critical for cardiovascular health, cellular energy production (ATP), neurological health, glucose metabolism, calcium transport, nerve signal conduction, and the maintenance of joint and bone health.^{4,5}



*For more information on The Nutritional Foundation program science, protocols & tools, please visit AnabolicLabs.com & click on the Nutritional Foundation tab.

ESSENTIAL NUTRITION PACK

ITEM #: 3622-0030-01

Supplement Facts

Serving Size: One Packet
Servings Per Container: 30

Amount Per Packet	% Daily Value
Vitamin A (as beta-carotene)	5,000 IU 100%
Vitamin C (as calcium ascorbate)	100 mg 167%
Vitamin D3 (as cholecalciferol)	2400 IU 600%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%
Thiamin (as thiamin HCl)	10 mg 667%
Riboflavin	10 mg 588%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine HCl)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	15 mcg 250%
Biotin	30 mcg 10%
Pantothenic Acid (as d-calcium pantothenate)	20 mg 200%

Amount Per Packet	% Daily Value
Calcium (from dibasic calcium phosphate, ascorbate, pantothenate)	100 mg 10%
Iodine (from potassium iodide)	68 mcg 7%
Magnesium (magnesium amino acid chelate, oxide, citrate, malate)	150 mcg 100%
Zinc (from zinc oxide, gluconate)	300 mg 75%
Selenium (from L-selenomethionine)	15 mg 100%
Copper (from copper gluconate)	25 mcg 36%
Manganese (from manganese gluconate)	1 mg 50%
Chromium (from chromium chloride)	1 mg 50%
Molybdenum (from sodium molybdate)	25 mcg 21%
Lemon Bioflavonoid Complex	5 mcg 7%
Malic Acid	10 mg *
Concentrated Fish Oil (from Anchovies (Engraulis ringens), Sardines (Sardinops sagax), and/or Mackerel (Trachurus symmetricus))	20 mg *
EPA (eicosapentaenoic acid)	2400 mg *
DHA (docosahexaenoic acid)	720 mg *
DHA (docosahexaenoic acid)	480 mg *

*Daily Value not established.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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- Ford ES, Mokdad AH. Dietary magnesium intake in a national sample of US adults. J Nutr. 2003; 133(9):2879-82.
- Bar-Dayan Y, Shoenfeld Y. Magnesium fortification of water. A possible step forward in preventive medicine? Ann Med Interne (Paris). 1997;148(6):440-4.