

Essentials for Life



Optimal health requires five fundamental nutritional needs to be met each day: vitamins, minerals, antioxidants, enzymes and flora. Overcooked, refined, processed foods and a general lack of nutrients and enzymes in the modern diet, combined with stress, environmental toxins, and pollution can place significant burdens on the body, compounding difficulties related to obtaining sufficient nutrition through diet alone. To facilitate maintaining daily core nutrition and to help get the most from foods being consumed, Essentials for Life is a naturally occurring, full spectrum nutritional system centered on whole food supplementation and proprietary activated enzyme delivery for ensured cellular absorption and effectiveness.



The Need for Supplementation

There has been a long-standing recommendation for adults to incorporate dietary supplementation as a method of augmenting deficiencies of dietary nutrients. In 2002, a Harvard Medical School study published in JAMA noted most people do not consume an optimal amount of all vitamins by diet alone and that "it appears prudent for all adults to take vitamin supplements."¹ The actual reasons for a lack of nutrients from regular food consumption can vary from improper cooking methods to potential nutrient loss due to modern farming in depleted soil. For most people, it's likely a matter of not getting the recommended number of servings of fruits, vegetables, and/or whole grains each day.

Incomplete and Fractionated

Time Magazine reported "at least a fourth of all retail drug sales are synthetic vitamins or vitamin concentrates." According to popular ideas surrounding the absorption rates of synthetic vitamins, mitigating an insufficient diet with a multivitamin may not be as simple as it seems since the proliferation of synthetically produced vitamins has made it possible to develop nutritional deficiencies even while taking recommended supplements. Vitamins that have been synthetically produced or are the end product of fractionating (the process of pulling apart the constituents of a food), can be missing some or all nutrient cofactors found in naturally occurring food sources, and it is supposed that the body will rob itself to make up for those missing cofactors if they aren't readily available from what is being ingested.

Digestive Considerations

The primary role of the digestive tract is relatively simple: to act as a system for breaking down foods into molecules of nutrients small enough for absorption into the bloodstream, to be delivered to the cells of the body for use as energy and nourishment - essentially to facilitate digestion. While both vitamins and minerals are necessary for proper digestion due to their relationship with enzymes, if enzymes are lacking in the digestive process

it will be incomplete, which can result in decreased absorption of vitamins, proteins, and sugars in the lower intestine, as well as lower energy levels and less overall nutrient availability. The digestive tract also acts as a habitat for a large and diverse bacterial community. Gut bacteria play an essential role in the development and homeostasis of the immune system². Because gut flora can be affected by many common factors such as carbonated drinks, laxatives, birth control pills, coffee, alcohol, aging, stress, or antibiotics, support of this community of "good" bacteria may be considered necessary to maintain intestinal health and general well-being.

Fat Metabolism

Recognizing the harmful effects of fats, many people have chosen to greatly reduce amounts of fat in their diet relative to caloric intake. The USDA's Nutrition Insights reports the percentage of calories from fat declined from approximately 45% in 1965 to about 34% thirty years later. However, fat is a vital source of energy and is essential to the workings of all the body's systems. Research shows risk is reduced most effectively when trans fatty acids and saturated fatty acids are replaced with unsaturated fatty acids³ and it is believed the healthiest diets contain significant amounts of naturally occurring fats, especially unsaturated fats. The key to obtaining the benefits of dietary fat is to make sure that fats are metabolized.

Free Radicals

One naturally occurring result of burning fats and calories for energy is the creation of the free radical, an undesirable incomplete molecule that can also derive from exposure to UV radiation in sunlight, radon, X-rays, pollutants, pesticides, food additives, alcohol, or other toxins. As highly unstable molecular fragments, free radicals assault cells in the body by trying to partner unpaired electrons, puncturing cell membranes, destroying enzymes, and going so far as to break down DNA⁴.

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A Nutritional Foundation

As a doctor-formulated, whole food nutritional system, Essentials for Life acts as a baseline or foundational supplement to provide the essential vitamins and minerals needed daily, with support for proper digestion and additional protection from free radicals. For increased effectiveness and ensured nutrient delivery and absorption, Essentials for Life offers the full spectrum of digestive enzymes from plant sources for optimal benefit throughout the digestive tract.

Whole Food Vitamins and Minerals

Essentials for Life provides a full complement of rich whole food vitamin sources in the proper amounts for complete nutrition, including all the cofactors and synergistic phytonutrients required for optimal health, balanced as nature intended. Essential minerals in the most absorbable form, amino acid chelate minerals have been included as part of Essentials for Life's special formulation. Assimilated by the body as amino acids, the minerals in Essentials for Life are available with the highest absorption rate possible, making them more readily usable to the body for healthy metabolism and a strong immune system.

Metabolism of Fats

Essentials for Life makes use of a proprietary formulated, enzyme-rich fat metabolizer to support the body's ability to break down consumed fats and burn fat stores by converting them into energy. Extra chromium works with the body's insulin to support blood sugar and control hunger, regulate energy, fat burning and

muscle building, and support the immune system.

Powerful Antioxidants

To provide the protective aspects of antioxidants, Essentials for Life incorporates grape seed extract, pine bark extract, olive extract, resveratrol from grape skin, quercetin, blueberry, cranberry and raspberry, selenium and naturally occurring sources of the antioxidant vitamins A, C and E. This combination of antioxidant sources provides a strong, complete balance of antioxidants to fight free radicals with bioflavonoids, polyphenols (including hydroxytyrosol and resveratrol), anthocyanadins, carotenoids, tocopherols, and tocotrienols. Finally, an SOD Precursor System allows the body to create more of its own powerful antioxidant enzyme, Superoxide Dismutase.

Enzymes and Flora to Support Digestion

In addition to amylase, protease, and lipase, Essentials for Life contains a blend of enzymes specifically for digestion along with all cofactors necessary for full enzyme activation to help break food down into its most usable form. Plant enzymes are used exclusively to work through all stages of digestion. To support and maintain the growth of probiotic flora, Essentials for Life includes twelve strains of healthy bacteria, combined with sources of prebiotic FOS (fructooligosaccharides). These twelve strains are selected and manufactured according to the proprietary processes that ensure survival through the digestive processes in order to colonize in the digestive tract for optimum benefit.

Unique Features

- Certified For Sport® (NSF) Essentials for Life is regularly tested and monitored for substances banned by professional sports organizations
- Vitamins, minerals, antioxidants, enzymes, and flora meet your body's daily core nutritional needs in one convenient and cost effective product
- Provides naturally occurring whole food vitamins – the most complete and effective form of vitamins available
- Uses only patented amino acid chelate minerals - proven to be the safest, and most absorbable minerals available
- Provides multiple sources of the most powerful super antioxidants for maximum free radical protection
- Offers the full spectrum of digestive enzymes from plant sources for optimal benefit throughout the digestive tract
- Contains a broad array of stabilized friendly flora for maximum support of the immune and gastrointestinal systems of the body
- Added lipase and patented chelate chromium provide extra support for metabolizing fat and maintaining healthy blood sugar levels within normal range
- Complete, balanced formulation; naturally occurring; highest quality ingredients; and completely vegetarian
- Contains no artificial colors, flavors, sweeteners, or chemical preservatives, additives or fillers

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Who Should Use

Because Essentials for Life is a whole food supplement, it is generally for use as baseline nutrition for anyone desiring to maintain overall health and wellness and for those who don't get the recommended five servings of fruits and vegetables each day. Essentials for Life may also provide additional support for those who experience low energy levels, are under chronic stress, smoke or drink alcohol regularly, drink coffee or tea, or have difficulty losing weight.

Frequently Asked Questions

- *How does Essentials for Life work?*

When taken as recommended, Essentials for Life provides all the daily nutrition needed by the body in a more complete whole food form, promoting the absorption and availability of nutrients, better digestion, and increased antioxidant protection.

- *How quickly will I experience benefits from Essentials for Life?*

Essentials for Life is intended to supply long term core nutrition and should be looked upon as the foundation of a supplementation regimen for maintaining health. Some people will experience increased energy or improved digestion in a short amount of time; however, it is recommended to use Essentials for Life for at least 90 days to more completely assess benefits to specific individuals.

- *How is Essentials for Life different from multivitamins?*

Unlike the typical multivitamin, Essentials for Life addresses all core nutritional supplementation needs, including cofactors and enzymes, and combines them with a powerful nutrient delivery system.

- *Is there anyone who should not use Essentials for Life?*

Essentials for Life's supplementation is based on whole foods rather than concentrated synthetics or isolated constituent, providing nutrition in the same manner as common foodstuffs. If you are taking medications or are experiencing health issues, consult your doctor or health care practitioner before use. It is also recommended to consult your pediatrician before giving Essentials for Life to children.

Key Scientific Studies

1. Vitamins for chronic disease prevention in adults: clinical applications. JAMA. 2002 Jun 19;287(23):3127-9. Fletcher RH, Fairfield KM. Department of Ambulatory Care and Prevention, Harvard Medical School/Harvard Pilgrim Health Care, 133 Brookline Ave, Sixth Floor, Boston, MA 02215, USA
2. Enteric Flora in Health and Disease. Digestion 2006;73 (Suppl. 1):5-12. Francisco Guarner. Digestive System Research Unit, University Hospital Vall d'Hebron, Barcelona, Spain
3. Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: a meta-analysis of 60 controlled trials. Am J Clin Nutr. 2003 May;77(5):1146-55. Mensink RP, Zock PL, Kester AD, Katan MB. Department of Human Biology, Maastricht University, Maastricht, Netherlands. r.mensink@hb.unimaas.nl
4. Information derived from M.D. News Special Feature: The Health Benefits Of Muscadine Grapes, Wines, and Nutraceuticals. June 2008.

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Suggested Usage

To ensure complete baseline nutrition, take three (3) Essentials for Life capsules with meals (2 times daily) with food, or as directed by your healthcare provider..

Storage

Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Refrigerate after opening for best results.

Do not use if seal is broken.

Supplement Facts

	Amount Per Serving	% DV*
Vitamin A (as beta-carotene)	240 mcg	27%
Vitamin C (ascorbic acid)	30 mg	33%
Vitamin D [as cholecalciferol]	30 mcg	150%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	10 mg	67%
Thiamine (vitamin B1) (as thiamine HCl)	0.7 mg	58%
Riboflavin (vitamin B ₂)	0.8 mg	62%
Niacin (as niacinamide)	9.5 mg	59%
Vitamin B ₆ (as pyridoxal-5-phosphate)	1 mg	59%
Folate (as L-5 methyltetrahydrofolate calcium)	335 mcg DFE	84%
Vitamin B ₁₂ (as methylcobalamine)	3 mcg	125%
Biotin	150 mcg	500%
Pantothenic acid (as calcium-D pantothenate)	5.5 mg	110%
Calcium (as calcium bisglycinate chelate buffered - calcium bisglycinate chelate, calcium carbonate) (Albion®)	80 mg	6%
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	1.2 mg	7%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium bisglycinate chelate buffered - magnesium bisglycinate chelate, magnesium oxide) (Albion®)	40 mg	10%
Zinc (as zinc bisglycinate chelate) (Albion®)	5 mg	45%
Selenium (as selenium glycinate) (Albion®)	8 mcg	15%
Copper (as copper bisglycinate chelate) (Albion®)	0.6 mg	67%
Manganese (as manganese bisglycinate chelate) (Albion®)	0.4 mg	17%
Chromium (as chromium nicotinate glycinate chelate) (Albion®)	105 mcg	300%
Molybdenum (as Molybdenum Amino Acid Chelate)	8 mcg	18%

† * Daily Value (DV) not established + At time of manufacture Albion® and Ferrochel® are registered trademarks of Balchem Corporation or its subsidiaries.
Patients on anticoagulant therapy should consult with their physicians before taking Vitamin K supplements.
Other ingredients: Hypromellose (capsule), rice flour, maltodextrin, silicon dioxide.

Warnings

Keep out of reach of children. Consult with your physician before taking this product if you have a medical condition, are taking medication, are pregnant or breast-feeding. Patients on anticoagulant therapy should consult with their physicians before taking Vitamin K2 supplements.

Serving Size 3 Capsules | Servings Per Container 56

	Amount Per Serving	% DV*
Proprietary Whole Food Vitamin & Antioxidant Blend:	398 mg	*
<i>Quercetin dihydrate, resveratrol from japanese knotweed (polygonum cuspidatum) root extract, acerola (malpighia glabra) fruit/cherry extract, garlic (allium sativum) bulb powder, kelp (laminaria digitata) powder, rutin, broccoli (brassica oleracea var. italica) head powder, brassica oleracea var gemmifera (brussel sprout) leaf powder, cabbage (brassica oleracea var. capitata) leaf powder, spinach (spinacia oleracea) leaf powder, beet (beta vulgaris) root powder, pomegranate (punica granatum) fruit extract, chlorella (chlorella vulgaris/c.pyrenoidosa) cracked cell wall powder, cranberry (vaccinium macrocarpon) fruit extract, Inulin (from chicory root extract), alfalfa (medicago sativa) leaf and stem powder, blueberry (vaccinium angustifolium) fruit powder, carrot (daucus carota-sativus) root powder, ginger (zingiber officinale) root powder, grape (vitis vinifera) seed extract, cayenne fruit powder, olive (olea europaea) leaf extract, raspberry (rubus idaeus) fruit powder, shiitake (lentinus edodes/lentinula edodes) fruiting body extract, spirulina (spirulina platensis/arthrosira platensis) whole plant powder, sweet potato (ipomoea batatas/convulvulus batatas) root powder, turmeric (curcuma longa) root extract, masson pine (pinus massoniana) bark extract</i>		
Enzyme Blend Complex:	210 mg	*
Acid stable protease, fungal protease, amyloglucosidase (glucoamylase), invertase, maltase, lactase, cellulase, lipase, amylase, peptidase		
Prebiotic & Probiotic Blend: (3.06 Billion CFU+)	143.58 mg	*
<i>Inulin, Streptococcus thermophilus (0.34 billion cfu+), Bifidobacterium bifidum (0.34 billion cfu+), Lactobacillus rhamnosus (0.34 billion cfu+), Lactobacillus plantarum (0.34 billion cfu+), Bifidobacterium longum (0.34 billion cfu+), Bifidobacterium lactis (0.34 billion cfu+), Bifidobacterium breve (0.34 billion cfu+), Lactobacillus acidophilus (0.34 billion cfu+), Lactobacillus paracasei (0.34 billion cfu+)</i>		
Boron (as bororganic glycine) (Albion®)	220 mcg	*
Vanadium (as vanadium amino acid chelate)	100 mcg	*
Vitamin K (as menaquinone-7)	30 mcg	*

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.
This product was tested to be absent of peanuts or its derivatives and Tree nuts.