

Essentials Performance

MultiVitamin & Mineral

Recommended by
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DESCRIPTION

Essentials Performance combines a comprehensive multivitamin and mineral formula with a whole-food base to provide the added support of nutrients not found in a typical multivitamin. Essentials Performance contains all essential vitamins and minerals along with nutrient dense food extracts, herbs and other plant-based bioactive compounds.

FUNCTIONS

A multivitamin and mineral formula is “insurance” to help meet your daily requirements for essential nutrients. However, most multivitamins lack the important phytochemicals, biomolecules and enzymes found in food and shown to play important roles in health. Even a healthy intake of fruits and vegetables may not contain the concentration of these compounds found in a supplement. Add to this the stress of everyday life, poor diets and processed food, and it becomes apparent that a multivitamin/mineral formula combined with a food base is essential.

INDICATIONS

Essentials Performance may be a useful dietary supplement for those who wish to support their dietary intake of vitamins and minerals as well as the phytochemicals found naturally in food that have been shown to support health.

FORMULA (WW #10055)

3 Tablets Contain:

Vitamin A (as beta carotene).....	7,200 mcg
Vitamin C (as ascorbic acid).....	1000 mg
Vitamin D3.....	10 mcg
Vitamin E (as d-alpha).....	200 mg
Vitamin B-1 (as thiamine HCl).....	25 mg
Vitamin B-2 (as riboflavin).....	25 mg
Niacin (as niacin, niacinamide).....	25 mg
Vitamin B-6 (as pyridoxine HCl).....	25 mg
Folate.....	667 mcg DFE
Vitamin B-12 (as cyanocobalamin).....	250 mcg
Biotin.....	50 mcg
Pantothenic acid.....	25 mg
Choline (from choline bitartrate).....	50 mg
Calcium (from chelate).....	200 mg
Iron (from iron chelate).....	5 mg
Iodine (from kelp).....	150 mcg
Magnesium (from chelate).....	100 mg
Zinc (from methionine).....	10 mg
Selenium (as methionine).....	25 mcg
Copper (from citrate).....	0.5 mg
Manganese (from chelate).....	4 mg
Chromium (as polynicotinate).....	50 mcg
Molybdenum (from chelate).....	50 mcg
Potassium (from chelate).....	50 mg
Spirulina.....	1020 mg
Klamath lake algae.....	10 mg

Wheat grass juice.....	100 mg
Sprouted barley powder.....	50 mg
Chlorella (broken cell wall).....	50 mg
Inositol.....	25 mg
PABA.....	25 mg
Citrus bioflavonoids.....	100 mg
Quercetin dihydrate.....	25 mg
Rutin.....	25 mg
Hesperidin.....	10 mg
Boron (from chelate).....	1 mg
Silicon (from silicon dioxide).....	5 mg
L-glutathione (reduced).....	5 mg
Bee pollen.....	100 mg
Eleutherococcus root.....	50 mg
Garlic.....	10 mg
Bromelain (2400 GDU/g).....	20 mg
Betaine HCl.....	20 mg
Papain.....	20 mg
Amylase.....	5 mg
Lipase.....	5 mg
Cellulase.....	2.5 mg
L. acidophilus.....	2 mg
Oat bran.....	25 mg
Apple pectin.....	25 mg
Dandelion root.....	12 mg
Barberry.....	12 mg
Gentian root.....	12 mg
Ginger root.....	12 mg
Cayenne.....	12 mg
Chlorophyll.....	16 mg
Carotenoids.....	17 mg

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Other Ingredients: Cellulose, vegetable stearin, food glaze, magnesium vegetable stearate, silica, dicalcium phosphate. Contains soy.

This product contains NO sugar, salt, dairy, yeast, corn, preservatives, artificial colors or flavors.

SUGGESTED USE

Adults take 3 tablets daily with food, or as directed by a healthcare professional.

SIDE EFFECTS

Warning: Accidental overdose of iron-containing products is the leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

STORAGE

Store in a cool, dry place away from direct light. Keep out of reach of children.

REFERENCES

Dietary supplements: Using vitamin and mineral supplements wisely, Mayo Clinic.

Cheryl L Rock. (2007). Multivitamin-multimineral supplements: who uses them? *American Journal of Clinical Nutrition*, 85(1), 277S-279S.

Combs, Jr., G. F.(1998). *The vitamins: Fundamental aspects in nutrition and health*. Academic Press: San Diego, CA.

Liu, RH (2004). "Potential synergy of phytochemicals in cancer prevention: mechanism of action". *The Journal of nutrition* 134 (12 Suppl): 3479S-3485S.

†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.

Manufactured For:

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