Essentials Performance

MultiVitamin & Mineral

GOOD LIFE Pharmacy

Recommended by Angie Svoboda, Pharm D.

DESCRIPTION

Essentials Performance combines a multivitamin and mineral formula with a whole-food base to provide the added support of nutrients not found in a typical multivitamin. Essentials Performance is a comprehensive food-based multi, which 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)	12,000 IU
Vitamin C (as calcium ascorbate)	1000 mg
Vitamin D	400 IU
Vitamin E (as d-alpha tocopherol)	250 IU
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
Folic Acid	400 mcg
Vitamin B-12 (as cobalamin)	250 mcg
Biotin	50 mcg
Pantothenic Acid	25 mg
Calcium (citrate, aspartate, glycinate)	200 mg
Iron (citrate, aspartate, glycinate)	5 mg
Iodine (from kelp)	150 mcg
Magnesium (citrate, aspartate, glycinate)	100 mg
Zinc (as monomethionine)	10 mg
Selenium (as methionine)	25 mcg
Copper (citrate, aspartate, glycinate)	500 mcg
Manganese (citrate, aspartate, glycinate)	4 mg
Chromium (as nicotinate)	50 mcg
Molybdenum (as amino acid chelate, aspartate)	50 mcg
Potassium (citrate, aspartate, glycinate)	50 mg
Spirulina	900 mg
Klamanth Lake Algae	100 mg
Wheat Sprout Concentrate	100 mg
Wheat Grass Juice	50 mg
Sprouted Barley Juice	50 mg
Chlorella (broken cell wall)	50 mg
Choline Bitartrate	50 mg
Inositol	25 mg
PABA	25 mg
Citrus Bioflavonoids	100 mg
Quercetin	25 mg
Rutin	25 mg
Hesperidin	10 mg
Boron (citrate, aspartate, glycinate)	1 mg
Silicon	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	20 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

Other Ingredients: cellulose, modified cellulose gum, stearic acid, silica, magnesium stearate, and dicalcium phosphate. Contains soy.

This product contains NO sugar, salt, dairy, yeast, corn, preservatives, artificial coloring or flavoring.

SUGGESTED USE

Adults take three 3 tablets daily with meals or as directed by a healthcare professional.

SIDE EFFECTS

Warning: This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

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.

Manufactured For:

Good Life Pharmacy

125 South 16th St.

Ord, NE 68862

308.728.3295