

# ESSENTIALS PROGRAM

## Supplement Facts

Serving Size AM/PM Dosing  
Servings per container 30

	Amount Per Serving	% Daily Values
Calories	18.0	1%
Calories from Fat	18.0	†
Total Fat	2.0 g	3%
Saturated Fat	0.2 g	0%
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	0.3 g	†
Vitamin A (from Betatene®)	15,000 IU	300%
Vitamin C (from Calcium Ascorbate)	300 mg	500%
Vitamin D3 (as Cholecalciferol)	375 IU	94%
Vitamin E (as Mixed Tocopherols)	105 IU	350%
Vitamin K (as Phytonadione)	75 mcg	94%
Vitamin B1 (from Thiamin Mononitrate)	52.5 mg	3500%
Vitamin B2 (as Riboflavin)	9 mg	529%
Niacin/Niacinamide	42 mg	210%
Vitamin B6 (from Pyridoxine HCl)	75 mg	3750%
Folic Acid	600 mcg	150%
Vitamin B12 (as Cyanocobalamin)	405 mcg	6750%
Biotin	375 mcg	125%
Pantothenic Acid (from Calcium D-Pantothenate)	99 mg	990%
Calcium (from Hydrolyzed Soy Protein Chelate)	750 mg	75%
Magnesium (from Hydrolyzed Soy Protein Chelate)	450 mg	113%
Zinc (from Hydrolyzed Soy Protein Chelate)	15 mg	100%
Selenium (from Selenium Amino Acid Chelate)	120 mcg	171%
Copper (from Copper Amino Acid Chelate)	1.5 mg	75%
Manganese (from Manganese Amino Acid Chelate)	4.5 mg	225%
Chromium (from Chromium Amino Acid Chelate)	210 mcg	175%
Molybdenum (from Molybdenum Amino Acid Chelate)	150 mcg	200%
Potassium (from Potassium Chloride)	75 mg	2%
Choline (from Choline Bitartrate)	72 mg	13%
Omega-3 fatty acids	1,140 mg	†
Omega-6 fatty acids	360 mg	†
Omega-9 fatty acids	320 mg	†
Citrus Fruit Peel Bioflavonoid Complex	105 mg	†
Inositol	90 mg	†
Boron (from Boron Amino Acid Chelate)	1,500 mcg	†
Tocotrienols (from Tocotrienols 7.5%)	9.0 mg	†

† Daily Values not established.