

# ONCE-DAILY NUTRITION

UNDER  
**\$2**  
PER DAY



## 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\*

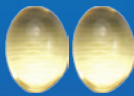
The Nutritional Foundation program is a health care professional's protocol for diet & supplementation. The Essential Nutrition Pack provides the four essential supplements conveniently & economically packaged for practical dispensing in the clinic.



## 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.<sup>1</sup>



**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.<sup>2</sup>



**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.<sup>3</sup>



**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.<sup>4,5</sup>



The Nutritional Foundation  
How to Reduce Inflammation  
with Diet and Supplementation



\*For more information on The Nutritional Foundation program science, protocols & tools, please visit [AnabolicLabs.com](http://AnabolicLabs.com) & click on the Nutritional Foundation tab.

ESSENTIAL NUTRITION PACK

ITEM #: 3622-0030-01

Supplement Facts		Servings Per Container: 30	
Serving Size: One Packet		Serving Size: One Packet	
Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Vitamin A (20% from beta-carotene)		Magnesium	
80% from palmitate).....	10,000 IU	(from amino acid chelate, malate, citrate).....	316 mg
	200%	Zinc (from zinc gluconate, oxide).....	15 mg
Vitamin C (as calcium ascorbate).....	100 mg		100%
	167%	Selenium (from selenium dioxide).....	25 mcg
Vitamin D3 (as cholecalciferol).....	2,400 IU		36%
	600%	Copper (from copper gluconate).....	1 mg
Vitamin E			50%
(as d-alpha tocopheryl succinate).....	34 IU	Manganese (from manganese gluconate).....	1 mg
	113%		50%
Thiamin (as thiamin HCl).....	10 mg	Chromium (from chromium chloride).....	25 mcg
	667%		21%
Riboflavin.....	10 mg	Molybdenum (from sodium molybdate).....	5 mcg
	588%		7%
Niacin (as niacinamide).....	20 mg		
	100%	Bioflavonoid Complex	
Vitamin B6 (as pyridoxine HCl).....	10 mg	(from lemon, rutin, hesperidin).....	10 mg
	500%		*
Folic Acid.....	400 mcg	Malic Acid.....	60 mg
	100%	Concentrated Fish Oil.....	2,400 mg
Vitamin B12 (as cyanocobalamin).....	15 mcg	EPA.....	720 mg
	250%	DHA.....	480 mg
Biotin.....	30 mcg		*
	10%		
Pantothenic Acid			
(as d-calcium pantothenate).....	20 mg		
	200%		
Calcium (from d-calcium phosphate).....	100 mg		
	10%		
Phosphorus (from d-calcium phosphate).....	50 mg		
	5%		
Iodine (from potassium iodide).....	150 mcg		
	100%		

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.

1. Ames BN. Low micronutrient intake may accelerate the degenerative diseases of aging through allocation of scarce micronutrients by triage. Proc Natl Acad Sci. 2006; 103(47):17589-94.  
 2. Cannell JJ, Hollis BW. Use of vitamin D in clinical practice. Alt Med Rev. 2008;13(1): 6-20.  
 3. Simopoulos AT. The importance of the omega-6/omega-3 fatty acid ratio in cardiovascular disease and other chronic diseases. Exp Biol Med. 2008; 233:674-88.  
 4. Ford ES, Mokdad AH. Dietary magnesium intake in a national sample of US adults. J Nutr. 2003; 133(9):2879-82.  
 5. Bar-Dayyan Y, Shoenfield Y. Magnesium fortification of water. A possible step forward in preventive medicine? Ann Med Interne (Paris). 1997;148(6):440-4.