

Total Essentials



Applications

- Provides Baseline Nutrition for a Variety of Protocols
- Promotes Antioxidant Protection and Maintains Normal Inflammatory Balance
- Provides Essential Fatty Acids

ESSENTIAL VITAMINS

Total Essentials provides a targeted combination of three high-concentration nutritional formulas in convenient, easy-to-take packets. Each pack includes a hypo-allergenic, comprehensive, high-quality blend of bioavailable vitamins and minerals. This formula contains key USP* B vitamins like folate (as Quatrefolic™ -100% 5-MTHF), the biologically active form of folic acid. Albion® TRAACS® chelated minerals provide enhanced bioavailability. An optimal 2:1 ratio of magnesium to calcium ensures proper mineral balance. OmegaMax is also included, and contains 430 mg of eicosapentaenoic acid (EPA) and 390 mg of docosahexaenoic acid (DHA) omega-3 fatty acids per soft gel. Both EPA and DHA are provided as natural triglycerides, the preferred form for superior absorption. Finally, each pack includes Resvixitol, a unique combination of phytonutrients designed to enhance antioxidant potential in the body.

Overview

Good nutrition promotes health, while nutritional deficiencies can lead to many chronic diseases. Yet, many people underestimate the importance of achieving proper levels of essential nutrients each day. For the human body to complete vital daily tasks, it must be given a wide and complex variety of key nutrients. Comprehensive studies conducted by the USDA have revealed the average American diet is lacking in micronutrients.^{1,2} Nutritional deficiencies may be caused by drug-induced nutrient depletion, poor food choices, inadequate nutrient levels in soil, and improper food transport and food processing techniques. Combine this with the impact of a high-stress, fast-paced modern lifestyle, and ensuring foundational nutrition each day

becomes essential. Total Essentials make achieving optimal daily nutrition simple by supplying these cornerstone products in convenient packets.

Bioavailability†

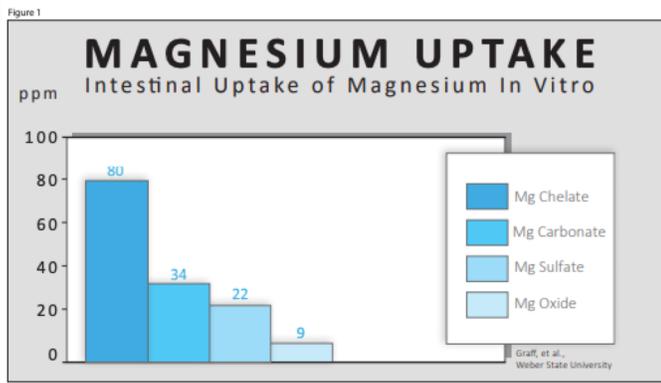
The importance of bioavailability is clear: If consuming a multivitamin has little effect on improving the body's nutrient balance, there is no reason to ingest it. A sure sign of an inferior multivitamin is the use of cheap, poorly-absorbed, rock-salt minerals like calcium carbonate and magnesium oxide. These mineral forms have limited absorption and rely on adequate stomach acid to promote passive diffusion into the body. What's more, because they remain in the intestines for an extended period of time, these forms can cause intestinal distress such as constipation (calcium carbonate) or diarrhea (magnesium oxide). Unlike many multivitamin options, Total Essentials include only the bioavailable forms of nutrients in precise, therapeutic amounts.

Albion® TRAACS® mineral chelates have extensive clinical research proving their superior bioavailability, biologic activity, stability and tolerance. In a magnesium comparison study reported by Graff et al. at Weber State University, Albion's® magnesium amino acid chelate had (See Figure 1):³

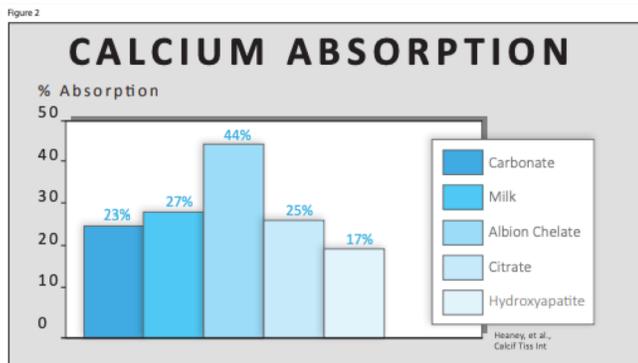
- 8.8 times greater absorption than magnesium oxide
- 5.6 times greater absorption than magnesium sulfate
- 2.3 times greater absorption than magnesium carbonate

†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.

Originally from Ortho Molecular Products Alpha Base Premier Packs. Adapted by SOPHIA Natural Health Center.



In a clinical study comparing calcium absorption in humans, Albion's® patented calcium chelate delivered the greatest absorption of all calcium sources tested (44% absorption, see Figure 2).⁴



Total Essential†

Total Essentials (without iron) provides a full spectrum of highly-absorbed, Albion® mineral chelates. Albion® uses a patented process to create natural mineral compounds that significantly enhance mineral absorption. Comparison studies show significantly superior absorption of mineral chelates over other forms of minerals.

Metabolism and Energy Production†

Converting food into cellular energy is a nutrient-intensive process. Total Essentials provides substantial levels of B vitamins, which are prime coenzymes for the Krebs's cycle, or the biochemical pathway responsible for maintaining energy production in the form of ATP (adenosine triphosphate). Total Essentials ideal for those looking to boost energy levels and support stressful lifestyles. This includes the bioavailable form of folate (Quatrefolic™ - 100% 5-MTHF). 5-MTHF helps promote DNA repair, homocysteine balance, neurotransmitter production, hormone balance and healthy detoxification.

Broad-Spectrum Antioxidant Support†

The body is constantly exposed to free radicals and relies heavily on its antioxidant reserve for protection. Free radicals are generated by metabolic by-products and environmental exposure such as UV rays from the sun, air pollution and radiation. Total Essentials contains a balanced spectrum of antioxidant vitamins, such as vitamin C, mixed carotenoids, trace elements and nutrients, that up-regulate antioxidant supporting pathways in the body. They work synergistically to regenerate each other and maintain adequate levels of protective antioxidants throughout the body.

OmegaMax†

Omega-3 fatty acids are deemed "essential" because the body needs them for proper health, but cannot produce them. Therefore, consumption of these healthy fats through diet and supplementation is extremely important. Omega-3 fatty acids are required for supporting proper blood flow, maintaining normal inflammatory balance and supporting mood, memory and focus. OmegaMax is a high-concentration fish oil sourced from waters off the Chilean coast. As the world's least-industrialized coastline, these cold, fresh waters provide the cleanest, most sustainable source of fish in the world. OmegaMax provides 820 mg of EPA and DHA per soft gel as concentrated triglycerides, the bio-identical form best absorbed in the body. Vitamin E (as mixed tocopherols) is added to stabilize the oil and ensure maximum purity and freshness. This exceptional fish oil is purified, vacuum distilled and independently tested to ensure heavy metals, pesticides and polychlorinated biphenyls (PCBs) are reduced to undetectable levels.

Resvoxitrol†

Resvoxitrol is a unique combination of phytonutrients designed to enhance antioxidant potential by stimulating the nuclear factor erythroid-2-related factor (Nrf2), the binding protein responsible for the antioxidant response in the body. This exclusive blend of turmeric, andrographis, resveratrol, and broccoli seed extract has a wide array of biological activity including direct free radical scavenging potential as well as inducing intracellular antioxidant production. These potent phytochemicals are the basis of many "superfoods" and have extensive, peer-reviewed research supporting their dramatic effect on cell health and longevity.

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Directions

1 packet per day or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

Supplement Facts ^{vs}		
Serving Size 1 Packet		
Servings Per Container 30 & 60		
1 packet contains	Amount Per Serving	% Daily Value
Calories	15	
Total Fat	1.5 g	2%*
Cholesterol	<5 mg	<2%
Vitamin A (from 7,500 IU as Natural Beta Carotene, Palmitate)	2,250 mcg	250%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	556%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (from 100 IU as d-Alpha Tocopherol Succinate USP)	67 mg	447%
Vitamin K (K1 as Phytonadione, K2 as Menaquinone-7 (MK-7, MenaQ7 [®] PRO))	62.5 mcg	52%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	2,083%
Riboflavin (Vitamin B2 USP)	25 mg	1,923%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	156%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	2,176%
Folate (from 400 mcg as Quatrefolic [®] (5S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	3,000%
Choline (as Choline Bitartrate)	19 mg	3%
Calcium (as DimaCal [®] Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	8%
Iodine (from Kelp)	112 mcg	75%
Magnesium (as DIMagnesium Malate, TRAACS [®] Magnesium Lysinate Glycinate Chelate)	200 mg	48%
Zinc (as TRAACS [®] Zinc Bisglycinate Chelate)	10 mg	91%
Selenium (as Selenium Glycinate Complex)	100 mcg	182%
Copper (as TRAACS [®] Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as TRAACS [®] Manganese Bisglycinate Chelate)	2 mg	87%
Chromium (as O-polynicotinate) [†]	200 mcg	571%
Molybdenum (as TRAACS [®] Molybdenum Glycinate Chelate)	25 mcg	56%
Potassium (as Potassium Citrate USP)	50 mg	1%
Total Omega-3s (as Triglycerides)	950 mg	**
EPA (Eicosapentaenoic Acid)	430 mg	**
DHA (Docosahexaenoic Acid)	390 mg	**
Omega-3s (additional)	130 mg	**
Turmeric Root Extract (Standardized to contain 95% Curcuminoids)	200 mg	**
Broccoli Seed Extract (TrueBroc [®]) (Standardized to contain 13% Glucoraphanin)	115 mg	**
Inositol NF	50 mg	**
Mixed Tocopherols	50 mg	**
trans-Resveratrol (from Polygonum cuspidatum (Roots))	50 mg	**
Andrographis paniculata Extract (Leaves) (ParActin [®] (Bioactive 14-Neo-Andro Compound)) (Standardized to contain 50% Andrographolides)	30 mg	**
Rutin	25 mg	**
Boron (as Bororganic [™] Glycine)	1.5 mg	**
Vanadyl Sulfate Hydrate	1 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established

References

1. Block G, et al. Vitamin supplement use by demographic characteristics. *Am J Epidemiol* 1988; 127:297-309.
2. National Research Council, Diet and Health: Implications for Reducing Chronic Disease Risk (Washington, DC: *National Academy Press*, 1989).
3. Graff et al. Magnesium: wide spread benefits. *Albion Research Notes* 1992; 1(2):1.
4. Heaney RP, Recker RR, Weaver CM. Absorbability of calcium sources: the limited role of solubility. *Calcif Tissue Int* 1990; 46(5):300-4.

*The USP is a scientific organization that sets standards for the identity, strength, quality and purity of medicines, food ingredients and dietary supplements, manufactured, distributed and consumed worldwide.