



NEW AND IMPROVED FORMULA! NOW WITH MTHF AND MORE VITAMIN C!

Therapeutic Multinutrient For Maximum Hormonal Activation Now with MTHF

A complete multinutrient designed specifically for maximum hormonal and metabolic activation in one bottle, virtually eliminating the need for supplemental Vitamin B, Vitamin E, Vitamin A, Vitamin K, and extra minerals. This formula incorporates the latest scientific research on nutrition and metabolic functions. Individual nutrients are formulated for maximum bioavailability, synergy, hormonal/ metabolic activation and anti-oxidant capacity.

Specific special features including ingredients which are usually available as separate supplement bottles include:

Essentials 5in1 Multinutrient For Maximum Hormonal Activation With MTHF

A complete multinutrient designed specifically for maximum hormonal and metabolic activation in one bottle, virtually eliminating the need for supplemental Vitamin B, Vitamin E, Vitamin A, Vitamin K, and extra minerals. This formula incorporates the latest scientific research on nutrition and metabolic functions. Individual nutrients are formulated for maximum bioavailability, synergy, hormonal/metabolic activation and anti-oxidant capacity. Specific special features including ingredients which are usually available as separate supplement bottles include:

- **Vitamin A** forms which include a complete spectrum of beta-carotene and mixed carotenoids. It is completely natural and derived from the pristine seas of the South Pacific.
- **Activated B-vitamins** with each B vitamin for immediate and sustained release activity. Doses used eliminate the need for stress-B-complex.
- **Vitamin C** which is in both the water-soluble and the fat-soluble forms (ascorbyl palmitate), which is critical for collagen vascular support.
- **Vitamin E** forms known to be synergistically active such as alpha-tocopherol, gamma

tocopherol and sesame lignans. Gamma tocopherol is a more effective trap than alpha tocopherol for reactive nitrogen oxides, which are toxic to the body. Alpha tocopherol alone could be deactivated by free radicals without the presence of Gamma Tocopherol.

- **Vitamin K2**, which is critical for bone building and its plaque breaking ability. Not available in any other multi-nutrient formula.
- **TRAACS® Chelated Minerals:** The only clinically proven, chemically validated mineral amino acid chelates. They represent the gold standard in patented, pharmaceutical grade mineral chelates. Every TRAACS® mineral compound is validated and "finger printed" to ensure lot-to-lot conformity to Albion's high standards. TRAACS® mineral amino acid chelates deliver the following measurable results:
 1. Highly bioavailable and easily digested
 2. Safe, predictable and effective
 3. Stable in acidic environments
 4. Hypoallergenic, Kosher-Pareve and vegetarian friendly.
- **Bioperine®** has been added because it has been clinically shown to further increase the bioavailability of a wide range of nutrients.*

*Essentials 5in1 contains no hidden coatings, excipients, binders, fillers, shellacs, artificial color or fragrance. Contains no GMO, dairy, wheat, yeast, gluten, corn, sugar, starch, soy, preservatives or hydrogenated oil

Supplement Facts

Serving Size: 4 Vegetarian Capsules
Servings Per Container: 30

Four Capsules Contain:

Vitamin A (as Beta-carotene D, salvia natural beta-carotene with mixed Carotenoids)	7500 IU
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	500 mg
Vitamin D3 (as cholecalciferol)	2000 IU
Vitamin E (as d-alpha Tocopherol Succinate)	400 IU
Vitamin E (as mixed Tocopherols)	15 mg
Vitamin B1 (as Thiamine HCL)	75 mg
Vitamin B2 (as Riboflavin 50 mg)	75 mg
Riboflavin 5' Phosphate 25 mg)	75 mg
Vitamin B3 (as Nicotinamide 75 mg)	150 mg
Inositol Hexanicinate 75 mg)	200 mg
Vitamin B5 (as D-calcium Pantothenate)	200 mg
Vitamin B6 (as Pyridoxine HCL 25 mg)	50 mg
Pyridoxine 5' Phosphate 25 mg)	2000 mcg
Vitamin B12 (as Methylcobalamin)	800 mcg
Folate (as MTHF and Natural Folate)	1000 mcg
Biotin	1000 mcg
Vitamin K2 (menaquinone)	100 mcg
Calcium (as DiminCalc di-calcium malate)	100 mg
Magnesium	100 mg
(as TRAACS® magnesium glycinate chelate buffered)	100 mg
Chromium	500 mcg
(as TRAACS® chromium nicotinate glycinate chelate)	500 mcg
Iodine (as potassium iodide)	1000 mcg
Cobalt (as Methylcobalamin)	90 mcg
Zinc (as TRAACS® zinc glycinate chelate)	50 mg
Selenium (as selenomethionine complex)	400 mcg
Copper (as TRAACS® copper glycinate chelate)	4 mg
Vanadium	200 mcg
(as TRAACS® vanadium nicotinate glycinate chelate)	200 mcg
Boron (as boron glycinate complex)	2 mg
Potassium (as potassium glycinate complex)	18 mg
Manganese	10 mg
(as TRAACS® manganese glycinate chelate)	10 mg
Molybdenum	150 mcg
(as TRAACS® molybdenum glycinate chelate)	150 mcg
Sesame Seed Lignan Extract	20 mg
Bioperine	5 mg

Other Ingredients: Vegetarian Capsule

Directions: Take 4 capsules daily in divided doses, with meals.

DiminCalc, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malate covered under U.S. Patent 6,706,904 and patents are pending.