NutriDyn®

# Everyday Essentials

Comprehensive Formula for Postmenopausal Health♦

## Women's Advanced

PRACTITIONER EXCLUSIVE


## Everyday Essentials Women's Advanced Supplementation

Everyday Essentials Women's Advanced provides comprehensive nutritional support for postmenopausal health.♦ Each bottle of Everyday Essentials Women's Advanced contains 30 packets of high quality broad coverage supplements including Essential Multi, Omega Pure EPA-DHA 600+, Osteo Renew, and Bone Support with Magnesium. This comprehensive formula features bioavailable, patented ingredients essential for postmenopausal health.♦[1]

Clinical studies widely accept that nutritional requirements of women change as they age. Clinical research has demonstrated the efficacy of Everyday Essentials Women's Advanced to:

- Support cognitive function and balanced moods♦
- Promote overall health and well-being♦
- Support healthy immune function♦
- Promote heart, bone, musculoskeletal, and eye health♦
- Support healthy oxidative stress response♦

## How Everyday Essentials Women's Advanced Works

Essential Multi provides essential vitamins and minerals along with a proprietary phytonutrient blend supporting healthy immune function and healthy oxidative stress response.♦[2,3] Potent antioxidants and carotenoids support balanced moods, healthy heart function, and eye health.♦[4,5,6]

Omega Pure EPA-DHA 600+ provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids imperative for healthy cardiovascular and immune systems while also supporting musculoskeletal and joint health.♦[7,8,9,10]

Osteo Renew supports healthy bone metabolism and promotes healthy inflammatory markers in the body.♦[11] Osteo Renew contains xanthohumol known for its phytoestrogen compounds with estrogen-like activities on healthy bone metabolism and positive effects on healthy bone cell function in postmenopausal women.♦[12,13]

Bone Support with Magnesium is formulated with microcrystalline hydroxyapatite concentrate, providing highly bioavailable calcium and phosphorus for supporting bone function and integrity.♦ It also features an evidence-based dose of vitamin D3 and magnesium for enhanced bone mineral support, calcium absorption, and healthy muscle function.♦[14,15]

For more information, visit: ***www.nutridyn.com***

## Why Use Everyday Essentials Women's Advanced?

Research cited herein suggests supplementation with Everyday Essentials Women's Advanced may help support women's postmenopausal health.♦

# Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 30

| Ingredients: | Amount | %DV* |
|---|---|---|
| Calories | 20 | |
| Total Fat | 2 g | 3%* |
| Cholesterol | 10 mg | 3%* |
| Protein | <1 g | |
| Vitamin A (50% as beta-carotene and as retinyl acetate) | 2,000 mcg RAE | 222% |
| Vitamin C (as ascorbic acid and ascorbyl palmitate) | 80 mg | 89% |
| Vitamin D3 (as cholecalciferol) | 52 mcg (2,080 IU) | 260% |
| Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol) | 44.67 mg | 298% |
| Vitamin K (as phytonadione) | 1,080 mcg | 900% |
| Thiamin (as thiamin mononitrate) | 16.67 mg | 1,389% |
| Riboflavin | 10 mg | 769% |
| Niacin (as niacinamide and niacin) | 33 mg NE | 206% |
| Vitamin B6 (as pyridoxine HCl) | 16.68 mg | 981% |
| Folate (as calcium l-5-methyltetrahydrofolate) (BioFolate®) | 533 mcg DFE | 133% |
| Vitamin B12 (as methylcobalamin) | 133 mcg | 5,541% |
| Biotin | 333 mcg | 1,110% |
| Pantothenic Acid (as calcium-d-pantothenate) | 50 mg | 1,000% |
| Choline (as choline bitartrate) | 17 mg | 3% |
| Calcium (as microcrystalline hydroxyapatite calcium and dicalcium phosphate) | 416 mg | 32% |
| Phosphorus (as microcrystalline hydroxyapatite calcium and dicalcium phosphate) | 234 mg | 19% |
| Iodine (as potassium iodide) | 100 mcg | 67% |
| Magnesium (as magnesium citrate, magnesium citrate tribasic, magnesium bisglycinate chelate, and magnesium aspartate) | 327 mg | 78% |
| Zinc (as zinc citrate) | 10 mg | 91% |
| Selenium (as selenium aspartate) | 67 mcg | 121% |
| Copper (as cupric citrate) | 0.66 mg | 73% |
| Manganese (as manganese citrate) | 0.3 mg | 14% |
| Chromium (as chromium polynicotinate) | 133 mcg | 381% |
| Molybdenum (as molybdenum aspartate) | 33 mcg | 74% |
| Total Omega-3 Fatty Acids | 1.3 g | ** |
| EPA (Eicosapentaenoic acid) | 800 mg | ** |
| DHA (Docosahexaenoic acid) | 400 mg | ** |
| Additional Omega-3 Fatty Acids | 100 mg | ** |

| Ingredients: | Amount | %DV* |
|---|---|---|
| Microcrystalline Hydroxyapatite Calcium | 1 g | ** |
| Hops Extract (flower; *Humulus lupulus*) (2% xanthohumol) | 200 mg | ** |
| Berberine HCl | 180 mg | ** |
| Inositol | 17 mg | ** |
| Resveratrol (root; *Polygonum cuspidatum*) | 7 mg | ** |
| Lycopene | 4 mg | ** |
| Lutein | 4 mg | ** |
| Zeaxanthin | 1.3 mg | ** |
| Proprietary Phytonutrient Blend | 267 mg | ** |

Artichoke Extract (leaf; Cyanara scolymus; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; *Momordica charantia*), Blueberry Extract (fruit; *Vaccinium* spp.; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; *Cinnamomum cassia*), Citrus Extract (fruit; *Citrus aurantium*; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; *Coffea arabica*; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, 45% EGCG), Heartwood Extract (wood/bark; *Acacia catechu*; standardized to 6% catechins), Prune Extract (fruit; *Prunus domestica*; standardized to 50% polyphenols), Pomegranate Extract (fruit; *Punica granatum*; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; *Rosmarinus officinalis*; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; *Nasturtium officinale*).

**Other Ingredients: Essential Multi:** Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. **Omega Pure EPA-DHA 600+:** Norwegian fish oil, d-alpha tocopherol, natural citrus flavored gelatin (gelatin, glycerin, and water). **Osteo Renew:** Microcrystalline cellulose, hypromellose, vegetable magnesium stearate, silica. **Bone Support with Magnesium:** Microcrystalline cellulose, resin, sodium starch glycolate, vegetable stearic acid, silica, vegetable magnesium stearate. **Contains: Fish (anchovy, sardine, mackerel).**

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**Directions:** Take one packet daily or as directed by your healthcare practitioner.

***Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day. Contains fish oil. Do not use if you are allergic to fish or fish oil.***

***Caution:** If you are pregnant, nursing, or taking nutritional supplements or medications, consult your healthcare practitioner before use. Keep out of reach of children.*


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♦ 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.

GLUTEN-FREE · DAIRY-FREE · NON-GMO · PRODUCED IN A cGMP FACILITY

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